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Columbia County Pathways to Recovery

Issue # 28 - October 2026



Welcome to our October newsletter!

Building a Recovery-Friendly Columbia County

We would like to thank all those who joined us for our Memorial Walk on September 18th. Your truly presence matters.

Every person who showed up, shared a story, walked with us, or simply stood in support helped remind our community that connection matters.

We honor those we have lost and we will always remember them.

And, of course, we can't forget our unofficial four-legged mascot! 🐾 Our furry friend made sure he was apart of the walk.

We look forward to the new, month of October with more opportunities to connect and support one another.

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CCPR Community Events

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We're Looking for New Board Members!

Are you passionate about
supporting recovery and
strengthening our community?

Columbia County Pathways to Recovery
is looking for new Board Members who are
interested in making a difference and helping
guide our work in Columbia County.



If you're interested in
learning more, we'd love to
hear from you!

Contact us to learn more or get involved.



November 7th | 4:00-7:00 PM

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COLUMBIA COUNTY PATHWAYS
TO RECOVERY (CCPR) PRESENTS

Spaghetti Dinner & Music

FUNDRAISER

It's time to eat pasta with a purpose! Help us raise funds for CCPR Recovery Center located at 1 Taconic Place, Rt. 66, Chatham! Enjoy homemade spaghetti plates available for **DINE-IN or TAKE-OUT**. Come enjoy some live music and dinner. Dinner includes pasta with meat sauce or vegetarian sauce, bread, salad, dessert and a drink. Gluten Free option available.

Dinner Details

WHEN: Saturday, November 7, 2026
4 - 7pm

WHERE: Ghent Reformed Church
1039 Cty. Rt. 22, Ghent, NY 12075

TICKET COST: ADULTS \$15.00
CHILDREN: Under 12 \$10.00

How to Purchase Tickets

Dinner tickets are \$15 for adults and \$10 for children and must be purchased by Wednesday November 4, 2026. We cannot guarantee plates for those without a ticket!

Contact Desiree, the fundraiser coordinator, by email at Columbiapathwaystorecovery@gmail.com or 518-966-2775



SCAN TO
PURCHASE



October 2nd | 5:00-6:00 PM

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ART *IN* RECOVERY

5:00 PM

FIRST FRIDAY

This hands-on, therapeutic workshop is designed for individuals and families who have been impacted by addiction.

 1 Taconic Place
Chatham, NY 12037



FOR MORE INFORMATION:
518-966-2775 | www.columbiapathwaystorecovery.org

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The poster features a vibrant, abstract background with swirling patterns in shades of blue, green, and yellow. At the top center is a circular logo for 'COLUMBIA PATHWAYS TO RECOVERY' with a stylized figure inside. Below the logo, the text 'MONTHLY COMMUNITY NARCAN TRAINING' is prominently displayed in large, bold, white letters with a black outline. To the left of the text is a QR code, and below it, the text 'Scan to Register' is written in white. To the right of the QR code is an image of a Narcan nasal spray bottle. Below these elements, a dark blue banner contains the text '3rd MONDAY OF EVERY MONTH' and '6:30 PM – 7:00 PM' in large, bold, white letters. Below the banner, the location is listed in white text: 'LOCATION: COLUMBIA PATHWAYS TO RECOVERY COMMUNITY OUTREACH CENTER 1 TACONIC PLACE CHATHAM, NY'. At the bottom, the slogan 'SAVE A LIFE. GET TRAINED. FREE & OPEN TO ALL.' is written in a stylized, italicized font, followed by the website 'columbiapathwaystorecovery.org'.

**MONTHLY COMMUNITY
NARCAN TRAINING**

Scan to Register

**3rd MONDAY OF EVERY MONTH
6:30 PM – 7:00 PM**

**LOCATION:
COLUMBIA PATHWAYS TO RECOVERY
COMMUNITY OUTREACH CENTER
1 TACONIC PLACE
CHATHAM, NY**

SAVE A LIFE. GET TRAINED. FREE & OPEN TO ALL.
columbiapathwaystorecovery.org

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MONTHLY *Calendar*



MONDAY

6:00 PM
Community
NARCAN Training

3rd Monday of
every month



TUESDAY

10:00 AM-1:00 PM
Drop-In Hours

6:00 PM
AA Women's Step
Meeting



WEDNESDAY

6:00 PM
Revelation Wellness
Exercise Class

8:00 PM
The Chatham
Beginner's AA Meeting



THURSDAY

5-7:00 PM
LGBTQ Connection
Network

6:00 PM
AA Men's Meeting

7:00 PM
Creative Writing for
Recovery

7:30 PM
Living Life Meeting
(2nd and 4th Thursdays of every
month)



FRIDAY

9-12:00 PM
Drop-In Hours

6-8:00 PM
LGBTQ+ Game
Night

(2nd and 4th Fridays
of every month)

5-6:00 PM
**First Friday Art
in Recovery**
(every first Friday)



SATURDAY

10:00 AM
Recovery Hike
see website for
dates and
locations.

7:00 PM
AA Meeting Big
Book Study Group

ALL ARE WELCOME!

1 Taconic Place
Chatham, NY • off Rt. 66

Need a meeting space?
Call or email CCPR

518-966-2775 • 877-HOPE-365

9 AM-9 PM • 7 days a week

www.columbiapathwaystorecovery.org • columbiapathwaystorecovery@gmail.com

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 **Stay Up to Date!**

For the latest updates, visit our website at
columbiapathwaystorecovery.org.

Community & Partner Events

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HIKE & HANG
Recovery is better together.

Kaaterskill Falls
Meeting at Laurel House Trailhead

OCT. 10th
10AM



SCAN TO REGISTER
& REQUEST A RIDE!

CGAC
COLUMBIA-GREEN AGENTS COALITION

**SNACKS, RIDES,
GREAT VIEWS & VIBES**

MHACG
Ment. of Columbia-Greene
Clubhouse

**Columbia-Greene
County**
Clubhouse

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CLUBHOUSE PRESENTS

Coffee & Convo

**Looking for a space to connect
before you start your day?**

- Drop-in
- Recovery Based
- Conversations with peers
- Group discussions
- Getting connected
- Building supports
- Chill environment
- Confidential



Coffee & Refreshments Provided
Every Second Tuesday of the month
7am-8am
@ Hudson Clubhouse
369 Warren Street, Hudson

Contact Person: Brittney (Peer Advocate)
C: 518.822.7486
E: bdavis@mhacg.org

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Renewal & Recovery Wellness Retreat



Saranam Center for Healing & Transformation
20 Jennings Road, Greenville, NY

Saturday,
October 3rd
2 - 6 PM

Slow down, recharge, and explore **holistic wellness practices and bodywork** designed to support your well-being—whether you're navigating substance use, supporting someone you love, or working in the recovery community. All are welcome.

Enjoy a day of self-care with **FREE** offerings,
including:

YOGA
MEDITATION
SOUND BATH
NOURISHING FOOD

REIKI
MASSAGE
ACUPUNCTURE
ORACLE CARD READING

Space is Limited.



Register Now.

Questions?
(518) 303 - 2141
emily@c-gac.org

Lunch & Transportation Provided



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**SATURDAY
OCTOBER 3, 2026**

**GAVIN PARK
SARATOGA SPRINGS, NY**

**REGISTRATION: 8-9 AM
EVENTS: 9 AM-12 PM**

RACING • REMEMBRANCE • RECOVERY & PREVENTION

BUILD A CAR, JOIN THE RACES, WALK IN MEMORY, AND
SUPPORT PREVENTION AND RECOVERY IN OUR COMMUNITY

DERBY RACES
Design, build and race your own Derby-style wooden car.

MEMORIAL WALK
Join us for a 1.25-mile walk honoring lives lost to substance use.

SILENT AUCTION
Handcrafted woodwork, local goods, gift baskets and more!

**PLUS: FAMILY FUN, FOOD, GAMES, AND
COMMUNITY RESOURCE FAIR**

Continuing the legacy of the Dan Provost Memorial Walk, created by the Provost family in memory of Dan.

All proceeds benefit the Prevention Council of Saratoga County, including Healing Springs Recovery Center.



FOR MORE INFORMATION:

- ☎ 518.581.1230
- 🌐 www.preventioncouncil.org/dans-derby
- ✉ dansderby@preventioncouncil.com

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TOGETHER
we are
NAMIWalks
Capital Region
Saturday, October 3
Start time: 10AM
Washington Park, Albany, NY



MENTAL HEALTH for all

Science Spotlight

Social Isolation and Alcohol: New Clues From the Brain

A new study published in Nature Neuroscience found that social isolation increased alcohol drinking in male mice and was linked to changes in a specific brain circuit involved in emotion, stress, and reward. The findings offer new insight into how loneliness and social connection may influence vulnerability to alcohol misuse.

Source: [Nature Neuroscience](#)

Contingency Management Gains Momentum in Addiction Treatment

Contingency management—using tangible rewards to reinforce recovery goals—is gaining broader attention as an evidence-based treatment for stimulant use disorder. The American Psychological Association reports that decades of research support its effectiveness, while new policies and programs are making the approach more accessible.

Source: [American Psychological Association](#)

Researchers Find a Possible Brain Pathway Connecting Stress, Isolation and Drinking

The August 2026 Nature Neuroscience study also found that social isolation changed how the brain responded to alcohol while reducing responses to natural rewards such as sucrose in male mice. Researchers identified a brain pathway whose activation increased alcohol consumption and whose inhibition reduced drinking in isolated mice. The work is an important reminder that social connection, stress and the brain's reward system can interact in complex ways.

Source: [Nature Neuroscience — August 25, 2026 study](#)

Research Continues to Expand Treatment Options for Opioid Use Disorder

NIH researchers have received authorization to begin a first-in-human safety study of purified mitragynine, a compound derived from kratom, as a potential treatment for opioid use disorder. The upcoming Phase I research will examine safety and tolerability; it is far too early to know whether the compound will ultimately become a treatment.

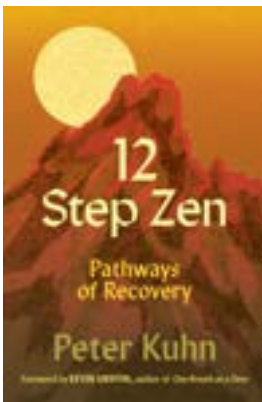
Source: [National Institute on Drug Abuse \(NIH\)](#)

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On the Bookshelf



Coming to Harm Reduction Kicking and Screaming shares honest stories from people who came to understand harm reduction through lived experience and real-world work. The book highlights compassion, dignity, connection, and radically loving people who use drugs without judgment—reminding us that reducing harm starts with seeing the person, not just the substance use.



Kuhn combines his own decades of recovery experience with **Zen Buddhism and Twelve-Step principles**, exploring addiction, healing, mindfulness, community, and finding a deeper sense of purpose. The book also offers practical ways to incorporate mindfulness into everyday recovery.

Family Support

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Free Workshop for Families Facing Addiction | Saturday, October 3rd

Our August workshop was so well attended that we've decided to offer it again!

Join us for a three-hour introduction to the Invitation to Change Approach, a practical, evidence-informed framework that can help you strengthen your relationship with your loved one, reduce conflict, and become a more effective helper while staying grounded in your own values and well-being.

struggling with substance use. This workshop offers a different message. Substance use and recovery do not happen in isolation. Your relationship with your loved one and the environment around them can be powerful drivers of change.

We will go beyond simply helping you cope. You will learn practical skills you can use in everyday interactions with your loved one, with the goal of reducing substance use and related harms.

When: Saturday, October 3rd from 10AM-1PM Eastern

Where: Zoom

Cost: Free! Sponsored by the Milton A. and Roslyn Z. Wolf Foundation.

[Learn More and Register](#)



Family Support Group
We are Here for You

Family Support Group
We are Here for You

Tuesday, October, 13th, 2026
6-7:30PM, Virtual

All are welcome to this free group via zoom. Please register below to let us know you are attending and to receive an email with the Zoom login credentials.

You are to welcome participate virtually with your laptop and use the community room at the Kinderhook library.

[Please register for login credentials to join our virtual support group](#)

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FREE SUPPORT GROUP

FOR ANYONE WANTING TO HELP SOMEONE WHO STRUGGLES WITH SUBSTANCE USE

Every Thursday at The Spark of Hudson
502 Union Street, Hudson, NY 12534
6:00 PM - 7:30 PM

ITC • The Invitation to
Change Approach*

Join us weekly at The Spark of Hudson for support and strategies—open to anyone helping a person who uses substances.

This is an ongoing, drop-in anytime, peer supported, facilitated group.

In this group you will:

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

Free to attend. In person and on Zoom

To sign up, scan the QR code or email jcooper@cmefhc.org

THE SPARK OF HUDSON

TWIN COUNTY RECOVERY SERVICES

MHACG

CLARK COUNTY

CLARK COUNTY

Podcasts for the Porch

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RECOVERING with Christopher French

A brand-new podcast that launched September 30, 2026, **RECOVERING** features honest conversations about what happens after difficult experiences and how people find a way forward. Hosted by Christopher French, the show explores addiction, mental health, trauma, grief and other life challenges through personal stories that include both serious conversations and humor.

[Listen on Apple Podcasts](#)

Dads in Recovery

A new 2026 podcast focused on the unique experiences of **fatherhood and recovery**. Hosts Brandon and Cliff talk with fathers in recovery, family members and professionals about parenting, boundaries, vulnerability, stigma, self-care and rebuilding relationships while living in recovery. New episodes are released weekly.

[Listen on Apple Podcasts](#)

Recovery Catalyst – Substance and Behavioral Addictions Unpacked

Hosted by Cat York, a woman in recovery, this podcast explores **addiction, sobriety, trauma, mental health and emotional healing** through honest conversations and personal stories. The show is updated weekly and includes discussions about different approaches to recovery, relapse prevention, relationships, identity and building a meaningful life after addiction.

[Listen on Apple Podcasts](#)

The Modern Meeting — new episodes every Tuesday, covering addiction, recovery and mental health, including gambling, alcohol and substance use. A recent Recovery Month series featured people in recovery discussing different paths and experiences.

[Listen Here](#)

Summer Recovery Toolkit

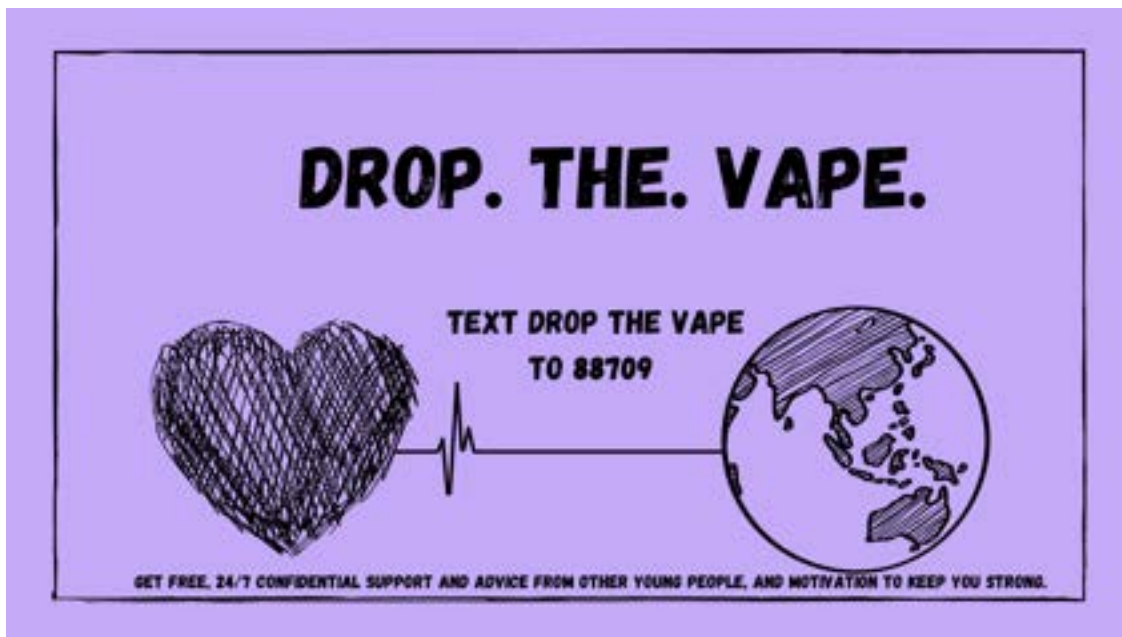
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FROM NAMI:

With Labor Day behind us, students across the U.S. have returned to classrooms. Parents, caregivers, and educators alike all share one goal: Helping young people have a successful school year.

NAMI's no-cost back to school resources (available in both English and Spanish) can help you ensure the young people in your life have a smooth transition into their new routines.

Explore Downloadable Resources



Featured Partner of the Month

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Further Highlight of the Month.

The Coon Family

This month, we proudly extend our heartfelt gratitude to The Coon Family and Coon's Self Storage for their profound and steadfast support of CCPR. As dedicated partners, their generous donations directly fuel our mission, most notably through their unwavering commitment to our annual Memorial/Recovery Walk. By championing this special event, the Coon family helps create a meaningful space for our community to gather, remember loved ones, and celebrate the journey of recovery.

We are deeply grateful for the Coon family's compassionate leadership and ongoing generosity, which ensure that hope, remembrance, and solidarity remain at the heart of Columbia County

[If you would like to support CCPR's mission and programs, please consider making a donation.](#)



Columbia County Pathways to Recovery

www.columbiapathwaystorecovery.org

[@columbia-pathways-to-recovery](#)

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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**

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