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## Columbia County's Only Recovery Community Organization

— Columbia County Pathways to Recovery —

*Welcome to our February newsletter. Each month, we share resources, stories, and upcoming opportunities focused on connection, recovery, and community.*

*Issue # 20*

## FEBRUARY 2026 NEWSLETTER

*Supporting Recovery & Building Hope in Columbia County*



*Our Recovery Center is a welcoming space for connection, conversation, and growth.*

***Not sure what to say to your kids about drugs??***

*Featuring conversations with MHACG Peer Youth Members.*

## COMMUNITY MEETING

# TALKING TO KIDS ABOUT DRUGS

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



**MONDAY**

February 23, 2026

**7:00 - 8:00 PM**



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

✓ **Childcare available (RSVP)**

✓ **Pizza and refreshments provided**

✓ **PLUS: A GROCERY GIFT CARD DRAWING!**

### We'll Cover:

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

Hosted By:



**ITC** • The Invitation to



For more information: **518-966-2775**

[www.columbiapathwaystorecovery.org](http://www.columbiapathwaystorecovery.org)

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518-966-2775 | 877-HOPE-365

## February 2026

MON	TUE	WED	THU	FRI	SAT
<span>📍</span> 7:30 PM SMART MEETING <span>☕</span> 10 AM-1 PM COFFEE HOUR DROP- IN <span>🎉</span> 6 PM AA WOMEN'S STEP MEETING <span>💻</span> 7:30 PM AA STEP & TRADITION MEETING	<span>☕</span> 10 AM-1 PM COFFEE HOUR DROP- IN <span>🎉</span> 6 PM AA WOMEN'S STEP MEETING <span>💻</span> 7:30 PM AA STEP & TRADITION MEETING	<span>🏋️</span> 6 PM REVELATION WELLNESS EXERCISE CLASS <span>🕒</span> 8 PM THE CHATHAM BEGINNERS AA MEETING	<span>🌈</span> 5-7 PM LGBTQ CONNECTION NETWORK <span>🏳️</span> 6 PM AA MEN'S MEETING <span>✍️</span> 7 PM CREATIVE WRITING FOR RECOVERY <span>🎉</span> 7:30 PM YOUNG PEOPLE'S RECOVERY COFFEE HOUR (JAN. 8TH AND 22ND)	<span>☕</span> 9 AM-12 PM COFFEE HOUR DROP- IN <span>🎲</span> 6-8 PM LBGTQ GAME NIGHT (JAN. 9TH AND 23RD)	<span>🔔</span> 7-7:45 AM QIGONG (JAN. 17TH) \$10 <span>🏃</span> 8 AM REFUGE RECOVERY (JAN. 17TH) <span>📖</span> 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.



# Community HOPELINE

# 877-HOPE-365

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

*Hope is just a call away*

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Columbia County, New York, has released its latest data on drug overdoses, revealing a total of 349 incidents this year as of November 18. Tragically, 37 of these overdoses were fatal. The average age of individuals who overdosed is 38, with 213 of the cases involving males...

[READ HERE](#)



### **Homelessness rising in Columbia, Greene counties, new data shows**

HUDSON — The number of homeless people in the Twin Counties continues to climb, according to preliminary numbers from an annual count.

[READ HERE](#)



### **Tech giants head to landmark US trial over social media addiction claims**

For the first time, a huge group of parents, teens and school districts is taking on the world's most powerful social media companies in open court, accusing the tech giants of intentionally designing their products to be addictive. The blockbuster legal proceedings may see multiple CEOs, including Meta's Mark Zuckerberg, face harsh questioning...

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## **Trump administration US health officials reverse course and reinstate \$1.9bn to mental health and substance use**

Health department unexpectedly announced nearly \$2bn in program cuts Tuesday before rolling back decision

The Trump administration has reversed cuts to grants for mental health and addiction treatment programs that were valued at nearly \$2 billion.

Thousands of federal grants supporting the programs were suddenly terminated late Tuesday before sources confirmed to CBS News that the decision was reversed...

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landscape for health and recovery services remains complex and dynamic. From federal budget negotiations to evolving public health guidelines and shifting drug policy, these developments will shape the future of recovery support and public health initiatives. Here's a look at the key issues making headlines as the new year begins....

[READ MORE](#)

Albany — The New York State Senate on May 19, 2025 approved a judiciary-calendar item that replaces the word "addict" in state law with "person with substance use disorder," a change sponsors said reflects medical understanding and will reduce stigma.

Fernandez described substance use disorder as "a chronic relapsing health condition, and the science and lived experience tells us clearly shame does not save lives"....

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## Fentanyl-Contaminated Cocaine in Albany/Schenectady Area —

In late January 2026, members of local Albany and Schenectady online communities shared warnings that cocaine circulating in the region may be contaminated with fentanyl, a powerful synthetic opioid that can be deadly even in very small amounts. Users urged anyone considering stimulant use to test their substances and carry naloxone, and noted that fentanyl test strips and Narcan are available through local resources and providers.

- [Governor Hochul Unveils Proposals to Strengthen Support Systems and Make New York More Inclusive](#)
- [Harm reduction vending machines in NYS expand access to overdose treatment, drug test strips](#)



# Compassionate Recovery

Mindful Healing  
for Trauma and Addictions

Darren Littlejohn

AUTHOR OF THE 12-STEP BUDDHIST

Compassionate Recovery is a clear and simple study guide on the neuropsychology of addiction and trauma. It's also a recovery workbook and practice guide for deep healing, meditation and compassion. You'll find dozens of exercises for individuals and communities.

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## DO YOU HAVE PAST OR PRESENT DRUG USE EXPERIENCE?

# WE NEED YOU!

We're recruiting **PAID** members for the 2026 Community Health Council – an action-oriented workgroup led by Columbia-Greene Addiction Coalition. Through shared experiences related to substance use, members will work collaboratively to reduce stigma, identify barriers to care, and support solutions that lead to meaningful change.

### DETAILS

- \$25 visa gift card per meeting
- Monthly Meetings
- Greene County, NY

**WWW.C-GAC.ORG FOR MORE INFO**



### SIGN UP

- Scan QR code
- [hello@c-gac.org](mailto:hello@c-gac.org)
- 518-303-3665



# New Meeting Location for the ITC Support Group

**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@cmcffc.org](mailto:jcooper@cmcffc.org)

**THE SPARK OF HUDSON**

**TWIN COUNTY RECOVERY SERVICES**  
"Focus on the future one day at a time"

**MHACG**  
Mental Health Advocacy Council of Greene

**Columbia-Greene Clubhouses**

**TALK 1 TO RECOVER**



Request bulk supplies and we'll coordinate easy pickup or delivery.

### WHO?

Organizations providing services to clients including:

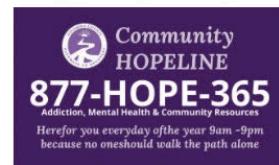
- DSS
- Senior Centers
- Healthcare
- Mental Health
- Peer Services
- Veteran's Services
- Youth Serving

### WHY?

- **500 calls** to Upstate New York Poison Center (2024) were for cannabis; more than half involved children under 6-years-old.
- **4 in 10 teens** who misuse prescription drugs obtain them from their parents' medicine cabinet, and nearly half obtain them from friends.

518-816-7751

agroupp.ccpr@gmail.com



**WWW.COLUMBIAPATHWAYSTORECOVERY.ORG**



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As we navigate the complex issue of substance use, it's vital that we support one another. Here are a few steps we can all take:

• **Educate Yourself:**

Understanding the facts about opioids can help reduce stigma and promote a more supportive environment.

• **Encourage Open Dialogue:**

Create a culture where everyone feels safe discussing mental health and substance use without fear of judgment.

• **Promote Wellness Initiatives:**

Engage in wellness programs that focus on physical and mental health.



## 10-minute meditation HEALING DEEP-SEATED SHAME: Pathways to Emotional Freedom

Shame is an intensely painful emotion, stemming from the belief that one is fundamentally flawed, inadequate, or unworthy of love. Unlike guilt, which is related to one's actions, shame impacts one's very identity. Healing from deep-seated shame is crucial for achieving emotional health and well-being. Learning about practical and effective strategies to overcome this debilitating emotion can free adults from the bondage of shame and foster a healthier self-concept...

To continue story [CLICK HERE](#)

# Relapse Prevention for Addictive Behaviors

A CLINICIAN'S GUIDE



Sarah Bowen

Neha Chawla

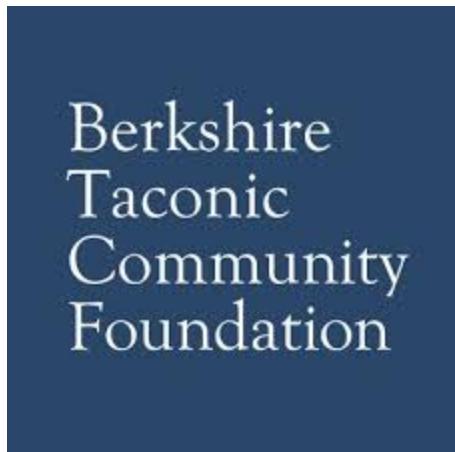
G. Alan Marlatt

Mindfulness-Based Relapse Prevention (MBRP) is a skills-based recovery approach that combines mindfulness practices with relapse-prevention strategies.

In simple terms:

MBRP helps people notice cravings, stress, and difficult emotions without automatically reacting to them—and teaches safer, healthier ways to respond.

[Read more here....](#)



## Sponsor Highlight of the Month: Berkshire Community Trust Foundation

This month, we are proud to celebrate the Berkshire Community Trust Foundation, a longtime and deeply valued supporter of our mission. For years, their generosity and belief in strengthening local initiatives have made a meaningful difference across our community. Their steadfast commitment to giving back—not just through financial support, but through a genuine dedication to helping others—continues to uplift and inspire us. We are grateful for their partnership and the lasting impact they help create every day.

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

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We could use your support and donation

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[Donate Today](#)



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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](http://www.columbiapathwaystorecovery.org)

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