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Columbia County Pathways to Recovery

Issue # 26 - August 2026

Welcome to our August newsletter!

The theme for this year's International Overdose Awareness Day is "25 years on. Still needed." Communities around the world will hold vigils, illuminate buildings in purple, and share stories to reduce the stigma surrounding overdose deaths while raising awareness about prevention tools like naloxone. Consider recognizing the day locally, whether by attending a community event, displaying a purple ribbon, or simply taking a moment to acknowledge those who have been lost.

Source: overdoseday.com

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**International Overdose
Awareness Day**
31 AUGUST

CCPR Community Events

August 24th | 5:30–7:00 PM

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Cornell Cooperative Extension presents...

Healthy Eating Made Easy

Join this **FREE** class to learn tips
for healthy eating, smart grocery shopping on a
budget, and making easy meals in any space!

Monday, August 24th
5:30 PM-7:00 PM

Columbia County Pathways to Recovery
1 Taconic Pl, Chatham



- **COOKING DEMONSTRATION**
- **FOOD SAMPLES**
- **TAKE-HOME RECIPIES**
- **GREAT FOR ALL AGES!**



Register Here

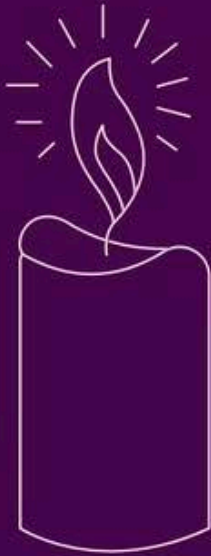
Questions? Reach out!
(518) 303-2141

Cornell Cooperative Extension
Columbia and Greene Counties



September 18th | 6:00 PM

Memorial Walk



- HONORING THOSE WE'VE LOST TO SUBSTANCE USE DISORDER.
- CELEBRATING THOSE IN RECOVERY
- STANDING WITH THOSE STILL STRUGGLING.
- ALL ARE WELCOME

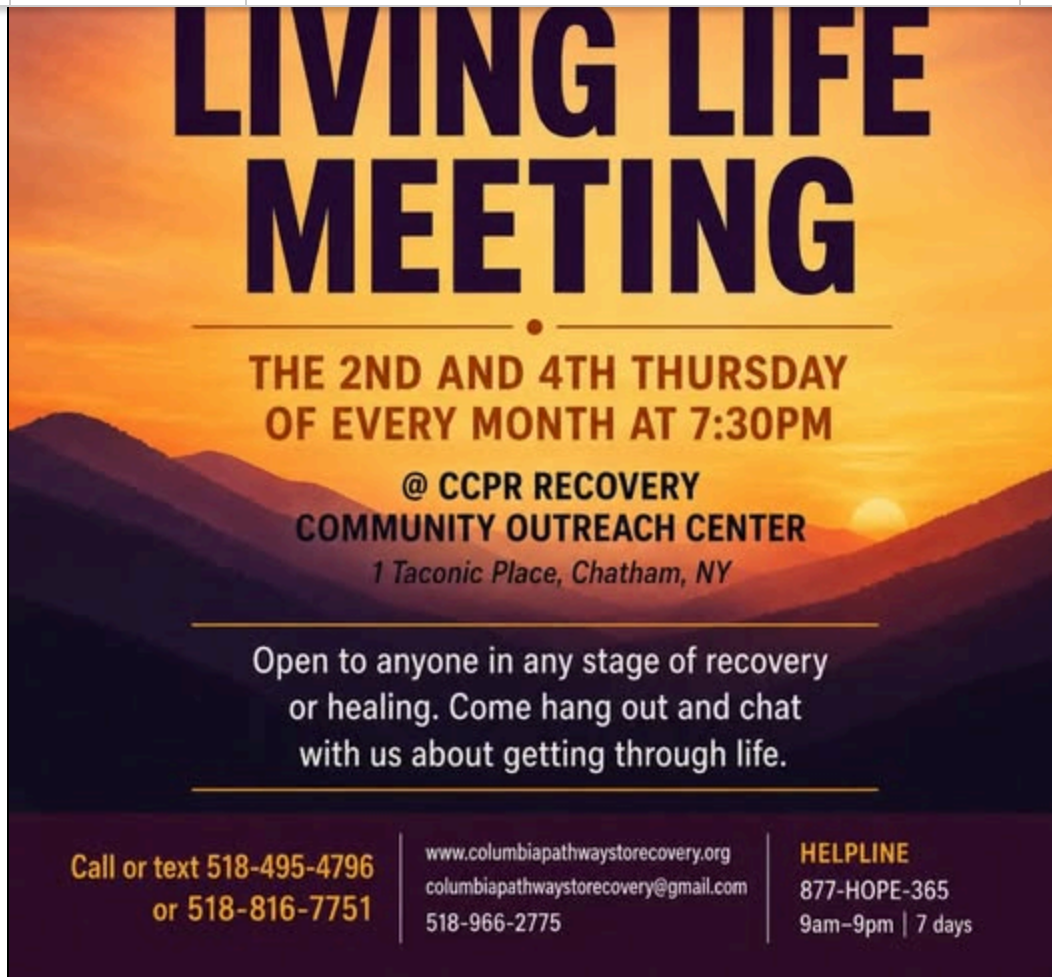
Friday • September 18 • 6:00 PM

**Step Off at
Tracy Memorial Hall
77 Main Street
Chatham, NY**

RSVP on our Facebook Event

www.columbiapathwaystorecovery.org



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LIVING LIFE MEETING

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

@ CCPR RECOVERY
COMMUNITY OUTREACH CENTER
1 Taconic Place, Chatham, NY

Open to anyone in any stage of recovery
or healing. Come hang out and chat
with us about getting through life.

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

www.columbiapathwaystorecovery.org
columbiapathwaystorecovery@gmail.com
518-966-2775

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

CCPR Recovery Community Cener

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

AUGUST 2026

MON	TUE	WED	THU	FRI	SAT
	DROP-IN HOURS 10 AM-1 PM 6:00 PM AA WOMEN'S STEP MEETING	6:00 PM REVELATION WELLNESS EXERCISE CLASS 8:00 PM THE CHATHAM BEGINNERS AA MEETING	5-7:00 PM LGBTQ CONNECTION NETWORK 6:00 PM AA MEN'S MEETING 7:00 PM CREATIVE WRITING FOR WORKSHOP 7:30 PM LIVING LIFE MEETING (AUG. 13TH AND 27TH)	DROP-IN HOURS 9 AM-12 PM 6-8 PM LGBTQ GAME NIGHT (AUG. 14TH AND 28TH)	7:00 PM AA MEETING BIG BOOK STUDY GROUP 10 AM RECOVERY HIKE OLANA 5720 NY-9G, HUDSON, NY 12534 (AUG. 15TH)

☀️ 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.



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@columbia_pathways_to_recovery

No one should have to fight
addiction by themselves.



 **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.

**AUGUST 15
10AM**

Olana, Hudson



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



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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 | Octaparagon 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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YA NIGHT

Abstract Art hosted by Jacob



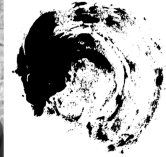
Come explore the basic mark of artistic expression: The Stain

The group will be guided through playful, abstract art making and using supplies provided and brought from home, such as:

- Old art supplies
- Unusable Kitchenware
- Forest Findings (leaves, twigs, etc.)



Jacob is an artist and designer from Seattle currently living in Hudson



What you'll learn:

- Engaging playfully in your artistic process
- What makes an interesting stain
- How a stain can lead to a composition and lead to new meaning with items from the environment

**Wednesday
August 12th
6pm-730pm**

What you'll leave with:

- 10 to 20 individual pieces and how to turn them into compositions

Drinks & Light Refreshments Provided



Join us at the Hudson Clubhouse
369 Warren Street Hudson NY 12534
-Located in the Basement-



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MHA of Columbia-Greene**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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COMMUNITY HEALTH COUNCIL MEETING

TUESDAY, AUGUST 18

5:15PM– 6:30PM

MHACG Youth Clubhouse

455 Main St., Catskill (2nd Floor)

REGISTER HERE

OR RSVP TO 518-303-2141

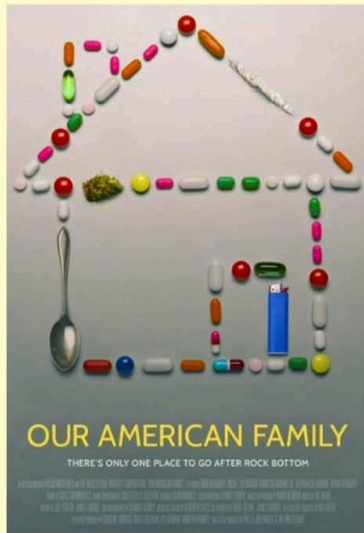


Through shared experiences related to substance use, members collaborate to reduce stigma, identify barriers to care & support solutions that lead to meaningful change.

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SCREENING & DISCUSSION

August 26, 2026



Join us for a **FREE** community screening of *Our American Family*. A radically honest portrait of a close-knit Philadelphia family navigating the impact of substance use across generations.

Stay for a post-screening discussion with Linda, mother, and central figure in the film.



**TIME SPACE LIMITED 434
COLUMBIA ST. HUDSON**

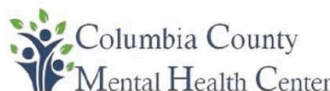
**PLEASE REGISTER
SPACE LIMITED**



**DOORS OPEN AT 5:00 PM
SHOW STARTS AT 5:30 PM**



PIZZA & RESOURCES!



Reserve You're FREE Tickets

Pizza included!



Scan the QR code or [Click HERE](#)



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DEPARTMENT OF MENTAL HEALTH**TREATMENT
WORKS
MARCH****Tuesday, September 15, 2026 • 12pm KICK-OFF**

Albany County Mental Health 175 Green Street, Albany, NY 12202

FOOD & ACTIVITIES:

- **talent show**
- **kickball**
- **banner contest!**

Don't Forget About Our
BANNER CONTEST THEME:

"RECOVERY IS REAL - Restoring Every Aspect of Life"
Participants are invited to design a banner representing your agency. Bring the banner to the Recovery Rally and enter it in our Banner Contest to win a fantastic prize!

For more information, please contact:

Jennifer Vitkus: jvitkus@theacca.net | **Lawrence Watson:** Lawrence.Watson@albanycountyny.gov

Co-sponsored by: Albany County STOP-DWI & the City of Albany Planning Participants:
Albany County Substance Abuse Prevention, Treatment and Recovery Providers.

**Daniel P. McCoy**
Albany County Executive**ALBANY COUNTY**
Cares about our mental health

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Free Bike Helmet Giveaway & Decorating Party

Choose Your **FREE** Helmet
Design & Decorate Your Helmet
Test Your Skills & Learn Safety Tricks

Friday, August 21
3:30-5pm
Dutchman's Landing Park
Catskill

while supplies last!




Scan to Register

Need transportation?
Email tboris@mhacg.org






MADE POSSIBLE BY A GENEROUS DONATION FROM
HARDING  MAZZOTTI 

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YOU'RE INVITED TO THE...

CLEAR MIND CLUB

Join the club!
Meet kids from other schools,
make new friends and help plan
fun events and activities you
actually want to do.

NEXT MEETING:

WEDNESDAY, AUGUST 5 | 3:30-5:30 PM
MHACG YOUTH CLUBHOUSE
455 MAIN STREET, CATSKILL, NY

Scan to join!



Questions? Email zack@c-gac.org

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Breaking Nicotine's Grip: A Two-Part Series for Providers

Join us for a two-part webinar series designed for healthcare providers working with adolescents who vape or use nicotine pouches.

You may register for one session or attend both for a more comprehensive learning experience **focused on early identification, counseling, and treatment of youth nicotine use.**

Wednesday, September 23 (12pm-1pm) Part 1: A Framework for Providers explores youth nicotine trends, screening and assessment, validated dependence tools, counseling strategies, and the provider's role in early intervention using local supports and AAP resources.

Wednesday, October 14 (12pm-1pm) Part 2: Pharmacotherapy for Youth Tobacco & Nicotine Cessation focuses on evidence-based pharmacotherapy for adolescent nicotine cessation, safety considerations, treatment options, and case-based strategies for shared decision-making and follow-up.

Register [HERE](#) for
Part 1:



Register [HERE](#) for
Part 2:



This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint providership of Albany Medical College and St. Peter's Health Partners. Albany Medical College is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Albany Medical College designates this Live activity for a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



[!\[\]\(83bbbd261710c59db0214aa27b2edc0d_img.jpg\) Click Here for Part 1](#)

[!\[\]\(166772600a13ad0a433053f90fe45649_img.jpg\) Click Here for Part 2](#)

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for Rights and Recovery
Advocate | Educate | Innovate | Celebrate

SAVE THE DATE

17th Annual Recovery & Rehabilitation Academy:

Supporting Recovery and Resilience Through Innovation and Activation

NOVEMBER 19th & 20th 2026

ALBANY MARRIOTT
189 WOLF RD, ALBANY, NY 12205

Event registration fees waived for OMH licensed and designated Rehabilitation Providers

Program Highlights

- Essential practices for PROS providers
- Skill building interventions
- Workforce sustainability
- Emerging Trends

Full agenda and registration coming soon

Be the first to know!

www.rightsandrecovery.org @Alliance4RR

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an ethical responsibility"

Theresa M Knorr, CARC RCP-F
Wellness Broker



FREE TRAINING

For CRPAs and Anyone Who Works with People Who Use Drugs

..... 3 CRPA CREDIT HOURS



THURSDAY, AUGUST 6

1:00 PM – 4:30 PM



YOUTH CLUBHOUSE

455 Main Street
Catskill, NY 12414
2nd Floor
(Entrance at Rear of Building)

SCAN TO REGISTER!



Email Veronica with questions
vsalvas@pcgus.com

Moment 2 Moment Wellness

WHAT YOU CAN DO IN THE HERE AND NOW

Format: 3-Hour Experiential Training | Developed & Facilitated by: BALANCE Recovery Consultation

Training Overview

- This experiential training will briefly explore some of the obstacles to feeling good at work and move quickly into moment to moment solution-oriented ways of being in the workplace. Move beyond the wellness wheel into practical hands-on methods to feel better NOW.

What Participants Will Learn

- By the end of this training participants will have an experience of nervous system regulation and learn at least 1 technique from each of the following categories; utilizing the body, the senses, the mind, and the heart.

Experiential Components

This training integrates discussion, guided reflection, and gentle embodied practices, including:

- Somatic and mindfulness-based exercises
- Opportunities to safely move emotion through the body
- Practices that foster grounding, self-compassion, and presence
- Skills that can be immediately applied in both personal and professional contexts
- No prior movement or mindfulness experience is required.

Presenter:

Theresa M. Knorr, CARC, RCP-F, is the founder of BALANCE Recovery Consultation, the creator of Tai Chi 4 Recovery, and an OASAS/InUnity-NYCB registered trainer and curriculum developer. Over a 35-year professional career spanning counseling, coaching, clinical supervision, and education, Theresa is a Certified Addiction Recovery Coach and Recovery Coach Professional-Facilitator. Theresa has spent over three decades teaching movement, meditation, and personal growth in the community. Her extensive professional expertise is deeply informed and balanced by her own lived experience as a trauma survivor.

Who Should Attend

- Peer support professionals
- Clinicians and behavioral health staff
- Supervisors and organizational leaders
- Human service providers
- Anyone seeking to feel better in the workplace

Why This Training Matters

Workplace stress can impact well-being, performance, and connection. By learning how to recognize and respond to stress with practical tools, participants are better equipped to care for themselves, support others, and contribute to healthier workplace cultures.



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2026 National Night Out

Tuesday, August 4, 2026

Henry Hudson Riverfront Park

5 PM-8 PM

(Rain Date Tuesday, August 11, 2026)

Science Spotlight

Why Nutrition Matters in Substance Abuse Treatment and Recovery

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recovery is about so much more than just behavior. Substance abuse impacts the body on multiple levels —physically, mentally, and emotionally—and nutrition is a key player in the healing process during treatment and in maintaining long-term recovery afterward.

Source: [National Association of Addiction Treatment Providers](#)

A fentanyl vaccine moves toward trials

Researchers at Scripps Research are advancing an experimental vaccine designed to train the immune system to intercept fentanyl before it reaches the brain — a potential new layer of protection against overdose for people at high risk.

Source: [Scripps Research](#)

GLP-1 medications and alcohol use disorder

Clinicians and researchers are exploring GLP-1 receptor agonists — the same drug class behind newer diabetes and weight medications — as a possible tool for reducing alcohol cravings, part of a wider push toward medication options for alcohol use disorder.

Source: [Journal of Clinical Investigation \(PMC\)](#)

Early alcohol coping and long-term brain change

New research this summer found that using alcohol to cope with stress at a young age may leave a lasting mark on the brain's ability to adapt, potentially raising the risk of returning to drinking later — reinforcing why early support and healthy coping tools matter so much.

Source: [ScienceDaily](#)

Contingency management keeps gaining ground

More treatment programs nationally are adopting contingency management this year — an evidence-based approach that rewards patients for meeting recovery goals — as part of a broader shift toward personalized, whole-person care rather than one-size-fits-all treatment.

Source: [Carrara Treatment](#)

On the Bookshelf



Thriving with Addiction — Dr. Jonathan Avery

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The Mountain Is You — **Brianna Wiest**

Less a substance-specific memoir and more a look at self-sabotage and the patterns that keep people stuck — a good companion for anyone already sober but working on what comes next.

Slaying the Dragon — **William White**

A landmark history of the American addiction recovery movement, tracing treatment, policy, and community from the 1700s to today. Dense but rewarding for anyone curious about how we got here.

Family Support

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My Loved One is Ambivalent



Monday Aug 3rd at 6:00PM ET

Many families struggle with when and how to suggest treatment without creating conflict or pushing their loved one away. This session explores how the Invitation to Change Approach can help families have thoughtful, compassionate conversations that increase the likelihood a loved one will consider treatment when they're feeling ambivalent.

[!\[\]\(6059a5aa8b4ca7bb793408023d6c6e42_img.jpg\) **CLICK HERE TO LEARN MORE AND REGISTER** !\[\]\(d293b9aef7d8767760396289fbc64e8a_img.jpg\)](#)

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Wednesday

**Family Support Group
2nd Tuesday**

June 9 @ 6:00 pm - 7:30 pm EDT



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

Wednesday

**Family Support Group
4th Tuesday**

June 23 @ 6:00 pm - 7:30 pm EDT



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

We look forward to seeing you.

**[CLICK HERE FOR LINK
TO NAMI'S FAMILY SUPPORT GROUPS](#)**

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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@cmcffc.org



Podcasts for the Porch

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Recovery Elevator

Host Paul Churchill and guests explore what an alcohol-free life can look like from many angles — a warm, long-running weekly listen for anyone questioning their drinking.

The Addicted Mind Podcast

Clinician-hosted conversations that translate current addiction science and treatment approaches into plain, practical language for people in recovery and the families supporting them.

SHAIR Recovery Podcast

Real, unscripted recovery stories from a wide range of guests — a good pick if you want first-person experience over polish.

Summer Recovery Toolkit

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Other Drugs: 5 Conversation Goals



- 1 Show you disapprove of underage drinking and other drug misuse.
- 2 Show you care about your child's health, wellness, and success.
- 3 Show you're a good source of information about alcohol and other drugs.
- 4 Show you're paying attention and you'll discourage risky behaviors.
- 5 Build your child's skills and strategies for avoiding drinking and drug use.

underagedrinking.samhsa.gov



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PHONE ADDICTION

©AddictionActually

SIGNS OF PHONE ADDICTION

- Checking phone constantly
- Feeling anxious when phone isn't nearby
- Using phone in bed and late at night
- Losing track of time while scrolling



NEGATIVE EFFECTS

- **Poor Sleep**
Blue light disrupts melatonin
- **Mental Health Issues**
Overuse linked to anxiety, depression, and low self-esteem
- **Decreased Focus**
Constant notifications break concentration
- **Weaker Relationships**
Less face-to-face connection more disconnect

HOW TO TAKE CONTROL

- Set phone-free hours (especially at night) or mode
- Replace screen time with hobbies or real interactions
- Turn off non-essential notifications
- Use apps that track and limit usage

Featured Partner of the Month

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Cornell Cooperative Extension Columbia and Greene Counties

CCPR is grateful to Columbia-Greene Cornell Cooperative Extension for their continued partnership and support in strengthening our community. Their dedication to education, wellness, and connecting individuals and families with valuable resources helps create healthier, more resilient communities. We appreciate their collaboration and commitment to making a positive impact throughout Columbia and Greene Counties. Thank you for being a valued partner in recovery and prevention!

[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**](#)

We could use your support and donation

[View this email in your browser](#)

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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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