

COLUMBIA COUNTY PATHWAYS TO RECOVERY (CCPR)

APRIL 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:

This month's impact stories are:

-Former New York Yankee Finds Recovery from Alcohol

-Laura Silverman Personal Battle with Alcohol and Drugs: Founder of The Sobriety Collective, a resource and blog created to celebrate recovery.

Also! Follow Don Downey, an advocate of the recovery community and a riveting journalist out of Hudson, NY.

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 RECOVERY
COMMUNITY
CENTER
CALENDAR**



MONDAYS
7:30 pm – SMART meeting – all are welcome

TUESDAYS
10 am to 1 pm – Coffee Hour Drop-In
6 pm - AA Women's Step Meeting
7:30 pm - AA Step and Tradition Meeting

WEDNESDAYS
6 pm – Revelation Wellness Exercise class (all fitness levels; co-ed)

THURSDAYS
9 am to 12 pm – Coffee Hour Drop-In
5 pm – 7 pm – LGBTQ Connection Network Support Meeting
6 pm - AA Men's Meeting
7:30 pm – Young People's Recovery Coffee Hour (2nd and 4th Thursdays)


SATURDAYS
7 pm - AA meeting which reads from the book As Bill Sees It
ALSO – MON/TUES/WED afternoon/eve **BY APPOINTMENT** - CRAFT (Community Reinforcement and Family Training) one-on-one support mtg Call Barbara 518-764-1749.

All are welcome in our safe, non-judgmental space!

at
CCPR's RECOVERY COMMUNITY OUTREACH CENTER
1 Taconic Place (off Rt. 66), Chatham, NY

WE'RE STILL EXPANDING OUR SERVICES! WE WELCOME ALL RECOVERY RELATED SUPPORT GROUPS. NEED A SPACE FOR YOUR MEETING? CALL OR EMAIL US!

Presented by Columbia County Pathways to Recovery, Inc. (CCPR)
www.columbiapathwaystorecovery.org columbiapathwaystorecovery@gmail.com
Phone: 518-966-2775 HELPLINE 877-HOPE-365 9am-9pm 7days





Local Recovery Resources:

Columbia County Pathways To Recovery Helpline

☎ **877-HOPE-365**

877-467-3365

9am to 9pm

7 Days A Week



We Can Help Connect You To Recovery Options To Guide You On Your Journey To Recovery

#HopeInRecovery

NYS Office of Addiction Services 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](#)

Greener Pathways Mobile Outreach Columbia & Greene Counties

518-291-4500

Afterhours Hotline:

(518) 822-0090

Website: [Click Here](#)

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



160 Fairview Ave,
Hudson, NY 12534



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](#)

is a SAFE sharps collection program for needle and syringe disposal.
If you have used/unwanted needles, or would like a free sharps container, please visit one of the drop-off kiosk locations listed below.

Locations—Greene County

24/7 Outdoor Access unless otherwise noted

Cairo (2 locations)

CVS Pharmacy—Routes 23 & 32
and
Hannaford—223 Main Street

Catskill (2 locations)

Greene County Office Building—
Stairs at Water St Entrance
and
Greene Medical Arts Pharmacy—159 Jefferson Hts
(inside: M-F 9a-5p, Sat 9a-2p, Sun closed)

Coxsackie

EmUrgent Care—11835 Route 9W

East Durham

Durham Town Hall—7309 Route 81

Greenville

Kelly's Pharmacy—4852 Route 81
(inside: M-F 9a-7p, Sat 9a-5p, Sun 9a-3p)

Tannersville

Hunter Ambulance—5740 Route 23A

Windham

Windham Pharmacy—68 Route 296

For more information, call
Greene County Public Health Department
(518) 719-3600

Locations—Columbia County

24/7 Outdoor Access unless otherwise noted

Livingston

Hannaford—32 NY-82

Valatie

Hannaford—2967 Route 9

Hudson

Hudson Police Department—701a Union St

For more information, call
Columbia County Department of Health
(518) 828-3358



• Northeast Problem Gambling Resource Center

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.](#)

Working Together to Bring Prevention Education to Columbia County



**CCPR has partnered with Columbia-Greene
Addiction Coalition and Columbia-Greene Youth
Clubhouses to present prevention education to
Columbia County Schools.**

So far!

We have visited:

- Hudson High School,**
- Ichabod Crane High School and Middle School,**
- Taconic Hills High School and Middle School,**

Since 2025:

- Hawthorne Valley High School**

**-We teach kids how to recognize addiction, how to
use coping skills, and harm reduction tools
alongside data-informed research and speakers
with personal experience.**

**Click Here for
'Starting Conversation
with Teens'
Online Resources**

**Click Here for
Research on Prevention
Education**

Prevention Education



NATIONAL
COUNCIL
for Mental
Wellbeing

**CCPR has brought Cortney Lovell to
Chatham Middle School and New Lebanon High School
NEXT! She is presenting at
Taconic Hills, Hawthorne Valley, Germantown, and Hudson
Middle Schools.**



Getting Candid On Substance Use with Cortney Lovell

Unlock crucial insights and expand awareness with Cortney Lovell, remarkable public health leader, speaker and person in recovery who serves as the Director of Practice Improvement and Consulting at **The National Council for Mental Wellbeing**.

This engaging presentation is appropriately designed for **adolescents aged 12-14** years old, offering them vital knowledge on how substances impact their developing brains, while empowering them to recognize when to seek help and how to help others.



This unique opportunity is **FREE** to school districts through funding from Columbia-Pathways to Recovery and State Senator Michelle Hinchey.

Cortney Lovell has been described as a "remarkable woman" with over 15 years of personal and professional experience in the field of addiction. As Director of Practice Improvement and Consulting at the National Council for Mental Wellbeing, she leads impactful projects to improve public health practices.

CONTACT:
Allison Grouppp
CCPR Outreach Coordinator
518-816-7751



NATIONAL DRUGS AND ALCOHOL FACTS WEEK

Addiction is a disease, not a weakness—recovery is possible with the right support.




Opioid Prevention Campaign: Resources for Parents and Teachers

Staying sober is an act of rebellion against everything that once tried to destroy you - it's the boldest way to take your power back.

IT'S ALCOHOL AWARENESS MONTH!

Take the opportunity to talk with your kids about the dangers of underage drinking and substance use.

Excessive alcohol use is a leading cause of preventable and premature deaths in New York, with over 8,000 deaths annually



Alcohol

Alcohol is a depressant drug that slows down the functions the body naturally does. It affects brain function and the central nervous system.

Symptoms:


- Short-term**
- Unintentional injuries
- Violence
- Alcohol Poisoning
- Sexually transmitted diseases
- Long-term**
- Cancer
- Chronic diseases
- Social emotional health

Did you know?

About 178,000 people die from excessive alcohol use each year in the United States!

Excessive alcohol use:

- Binge drinking–**
- Women: 4+ drinks in one setting
- Men: 5+ drinks in one setting
- Heavy drinking–**
- Women: 8+ drinks in a week
- Men: 15+ drinks in a week
- Underage drinking–**
- Any alcohol use by people younger than 21.



www.cdc.gov/alcohol

LOCAL INTEREST STORY:

A Lifeline in Columbia County: Judith Meier's Volunteer Work with Never Use Alone



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

In Columbia County, New York, Judith Meier stands as a compassionate figure dedicated to providing a lifeline to those facing the silent epidemic of substance abuse. A long-time resident of the area, Judith has turned her personal tragedy into an opportunity to help others in similar situations. She volunteers her time as an operator for the non-profit organization Never Use Alone, a critical service aimed at reducing the devastating effects of opioid overdoses.

“For those who aren’t quite ready to get sober yet, who will show them compassion and care?”

Judith’s motivation to get involved with Never Use Alone is deeply personal. She tragically lost her youngest son to an opiate overdose when he was just 21 years old. This heartbreaking loss fueled her desire to support others who might be going through similar struggles and to help prevent further deaths in her community. Through her role at Never Use Alone, Judith plays a crucial part in offering support to people who might feel isolated and hopeless in their battle against addiction. “For those who aren’t quite ready to get sober yet, who will show them compassion and care?” asks Judith.

Never Use Alone is the U.S. National Overdose Response Line, providing individuals who use substances alone with a vital safety net. The concept is simple but lifesaving: if someone is using alone and fears an overdose, they can call the hotline, where a volunteer operator like Judith will stay on the line with them. The operator takes their location information and monitors the call. If the person stops responding, the service immediately alerts EMS to the location, ensuring a rapid response and potentially saving a life.

Judith’s work is part of a larger movement to address the ongoing overdose crisis that continues to claim lives in communities across the United States. Initiatives like Never Use Alone are vital in saving lives and offering those struggling with addiction a chance at survival and recovery.

Through empathy, understanding, and action, she is making a difference in the lives of countless people—people who might otherwise feel invisible and alone in their battle against addiction.

Story Continues on Page 15...

Community Events and Meetings at CCPR:

CCPR Community Center
DROP IN HOURS
Tuesdays: 10 AM-1 PM
Thursdays: 9am to noon

Need help with a resume/job searches?
Other recovery support? Come relax,
chat, and have a cup of coffee. Or just
chill and watch a movie!

518-966-2775
HELPLINE 877-HOPE-36
5 9AM-9P / 7 DAYS
columbiapathwaystorecovery@gmail.com

YOUNG PEOPLE IN RECOVERY
COME AS YOU ARE! Join us in the common struggle in whatever stage of recovery you might be in. Zoom option available.

*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 518-833-8288

Can't make it in person?
You can reach us on Zoom

MEETING ID: 416 276 7518
PASSCODE: 13579

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



SMART Recovery Meeting

(Self Management and Recovery Training)

**Where people choose their own
goals, skills and tools.**

SMART Recovery is an evidenced-informed recovery method grounded in Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT), that supports people with substance dependencies and mental health needs, led by trained volunteers.

**Smart Recovery
is a fresh
approach to
addiction
recovery.**

Mondays @ 7:30 PM

**Connect with great people with
refreshments
in our air conditioned
recovery community center!**

A non-12 step a self-empoweri approach to overcoming addictive behavi and leading a balanced life.

CCPR Recovery Community Outreach Center
#1 Taconic Place, Chatham, NY 12037



One-on-one support by appointment
with Barbara, at CCPR Recovery Center

- Do you or someone you know have a loved one struggling with substance misuse?
- 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/Wednesday
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



518-966-2775



columbiapathwaystorecovery@gmail.com



Co-Sponsored by (NECAP)
Northeast Community
Action Partnership



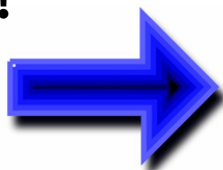
HIKES



- 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:

**CCPR and CGAC will be speaking
on this panel!**



GoCoCo!
Click Here to
find Columbia
County hiking
trails, fishing
spots, and land
conservation
events!

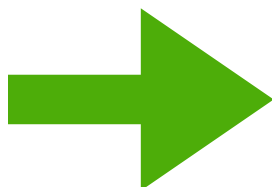
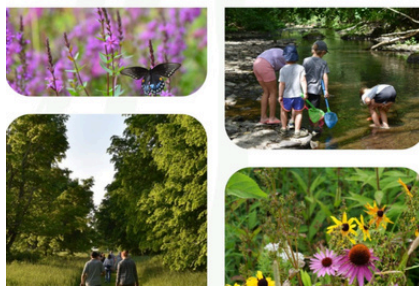
Brought to you by the [COLUMBIA LAND CONSERVANCY](#)

 [gococo](#)

**Nature in your
neighborhood.**

Find your next favorite place.

[View Trail Map](#)



Saving Hope OPIOID AWARENESS ROUNDTABLE

HOSTED BY ASSEMBLYMAN SCOTT BENDETT



April 10th
5 p.m.

Chatham High School
50 Woodbridge Ave.
Chatham, NY 12037



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



YOUTH ART WORKSHOP

Saturday, April 5

CREATE Gallery

398 Main St. Catskill



Youth Art Workshop

Sat, Apr 05 | Catskill

Join MHACG's Child Advocacy Center for a
free youth art therapy workshop on
Saturday April 3rd at CREATE Gallery

Time & Location

Apr 05, 2025, 1:00 PM – 3:00 PM

Catskill, 398 Main St, Catskill, NY 12414,
USA

ANNUAL RECOVERY GEMS

SAVE THE DATE
THU · MAY 22 · 2025
5-9PM

Please consider donating to our cause. As the only
Recovery Community Organization in Columbia
County, we hope to continue serving the
community through 2025.



venmo

Call CCPR @ 1 518-966-2775

for free Narcan!

**Equip yourself and your
loved ones with life-saving
opioid reversal medication.**



877-HOPE-365

877-4673-365

NEWS

- Federal Addiction and Mental Health Agency Faces Major Staff Cuts
- Mental health agency loses 1 in 10 staffers to DOGE cuts, 988 hotline team impacted
- Residential recovery treatment
- Columbia County Opioid Overdose Dashboard

NATIONAL
FENTANYL
AWARENESS
DAY

SAVE THE DATE

**APRIL 29
2025**



Talk to your teens about the risks of fentanyl and do it today on this day of awareness. Teens today need to know how fentanyl can cause death, the signs of an overdose and how to use naloxone spray to potentially save a friend's life.

Hina Talib, MD FAAP, Pediatrician &
Adolescent Medicine Specialist, Atria Institute
@teenhealthdoc

New NYS Bill- taking effect April, 2025

2025-A4961 (ACTIVE) - Summary

Establishes the addiction prevention and recovery act; increases taxes on alcohol by fifty percent; allocates the increased revenue to a special fund to be used for the purposes of alcohol and substance abuse addiction prevention and recovery services and programs.

What is ITC?

The Invitation to Change Approach (ITC) is a holistic helping framework based in science and kindness, designed for the families and loved ones of people struggling with substance use, as well as the professionals who support them.

Our trainings and materials invite you to reflect on what it means to help, reimagine the role that loved ones can play in the change process, and learn evidence-supported strategies for helping.

Invitation To Change (ITC)

New free drop-in group for residents of New York State is starting next week! It meets on Tuesday evenings, from 6-8:30 pm ET, and starts on February 4th.

The group is drop-in and will run throughout the year, so if you can't make it this week, we hope you will come by for a future meeting! It provides an overview of the ITC in four sessions, and continually cycles through these sessions, with attendees welcome to join at any point.

-Support and strategies for anyone helping a person who uses substance

To get the zoom link and reminders for this and future sessions of the group, register here:

ITC • SUPPORT GROUPS
○ IN NY STATE

New Round Starting: ITC Drop-In Group

A new round of our free ITC drop-in group for families is about to start! Join us next Tuesday, March 4th, as we start from the top of our 4-week ITC curriculum.

The group provides an overview of the ITC in four sessions, and continually cycles through these sessions, with attendees welcome to join at any point. So if you can't make it on March 4th, you can join a later session and know that we will soon loop back around to session 1 for you to cover anything you missed!

This group meets every Tuesday from 6:30 - 8 pm ET.

In this support and skills group, participants will use the Invitation to Change Approach (ITC) to reflect on what it means to help, reimagine the role that loved ones can play in the change process, and learn evidence-supported strategies for helping a loved one struggling with addiction.

REGISTER FOR ITC GROUP HERE

**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 cmcfcc.org or contact Jaime Cooper at btitcgroup@gmail.com



SCAN OR [CLICK HERE](#) TO
LEARN MORE AND
REGISTER!



Mother Cabrini
HEALTH FOUNDATION

ITC Website Link

THE CLOTHESLINE PROJECT

THE CLOTHESLINE PROJECT is a visual representation of violence within our community, giving those affected a means of expressing emotion and telling their story.

Every shirt on display is made by a survivor of violence in Columbia or Greene County.



WHITE
Someone who died because of violence



YELLOW or BEIGE
Survivors of physical assault or domestic violence



RED, PINK, or ORANGE
Survivors of rape or sexual assault



BLUE or GREEN
Survivors of incest or childhood abuse



PURPLE or LAVENDER
Survivors of violence or abuse due to their sexual orientation or gender identity



BROWN or GREY
Survivors of emotional, spiritual, or verbal bullying or abuse



BLACK
Survivors of racial, ethnic, political, or disability related assault or abuse

Join us at CGCC
Resource Fair
Wednesday, April 9th
10am - 1pm

Each shirt color represents a different form of abuse.

REACH Center
24 Hour Helpline:
518.943.4482



MHACG Offices 518.828.4619

www.mhacg.org/reach

Main office: 713 Union St, Hudson, NY 12534

MHACG
MHA of Columbia-Greene



The Soft Spot <> The Spark of Hudson



THE SOFT SPOT

SPRING SWAP



Sunday 4/13
10a-12p

Bring clean clothes & toys
Get clean clothes & toys

sparkofhudson.com/events

NATIONAL CRIME VICTIMS' RIGHTS WEEK
APRIL 6-12, 2025

KINSHIP CONNECTING & HEALING



Join us at CREATE Gallery

COMMUNITY ART EXHIBIT

Join MHACG's REACH Center for a Community Art Exhibit to kick off National Crime Victims' Rights Week.

First Friday Exhibit

FRI APRIL 4 | 5 PM - 7 PM

Youth Art Workshop

SAT APRIL 5 | 1 PM - 3 PM



CREATE Gallery
398 Main Street
Catskill, NY 12414

MHACG
MHA of Columbia-Greene



This project is supported by a National Crime Victims' Rights Week Community Awareness Project subgrant awarded by the National Association of Victim Assistance Administrators through grant number ESPVOC-24-GA-010271-MOHF awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice.

Del's
FARMHOUSE CREAMERY

Join us for a Day of Great Food, Great Fun and Great Causes in Our Communities!

Free Activities for Kids from 4-8 pm!

Introducing Northern Columbia County Rotary's Family-Friendly policy.

Del's will donate 5% of the proceeds from this day to Columbia County Recovery Kitchen and 5% to The Rotary Clubs of Columbia County to be earmarked for the purchase of equipment for EMS Services.

Fundraising Event at Del's Roadside
4 Smith Road, Kinderhook
(Just off Rt. 9)
Friday, April 25th, Noon-8:00 pm
Dine in or To Go

Rotary
The Rotary Clubs of Columbia County, NY
Northern Columbia County • Hudson
Kinderhook/Tri-Village

The Rotary Clubs of Columbia County regularly work to support our food pantries, schools, seniors, veterans and others in need in our communities. Proceeds from this event will be donated to the county EMS (Ambulance) Services to purchase needed equipment.

CCRK
Columbia County Recovery Kitchen

The mission of Columbia County Recovery Kitchen (CCRK) is to prepare and deliver healthful, delicious meals made with fresh local ingredients to Columbia County residents at risk for food insecurity. With over 100 volunteers and two chefs, they provide approximately 2000 meals a week.

Youth Leadership & Job Fair

April 15th, 2025

Join us and employers from the Capital Region to explore various growth and employment opportunities for young adults and peers ages 16-29

Job opportunities ✓

Resources ✓

Food & giveaways! ✓

< Register Here!



qrco.de/bfjrUA

Albany Public Library
161 Washington Ave, Albany, NY 12210

4:00p.m. - 7:00p.m.

For More Information: crivera@ftnys.org

Families Together
in NYS YouthPower!



April 26th Drug Take Back Day!

Tracy Memorial Village Hall
77 Main St, Chatham, NY 12037

CCPR will be here! Stop by

Drop off old or unused medications or drugs. Don't flush them down the toilet! Drop them off on April 26th.

More details soon!

The Children and Adults Rural Transportation Service (CARTS)

325 Columbia Street in Hudson.

(518) 822-8020 or fax (518) 828-1479.

Any Columbia County resident with a need for non-emergency medical transportation is eligible to receive this service; there are no other eligibility criteria considered.

CARTS serves both individuals who are enrolled in Medicaid, and those who are not.

LIKE WE CARE

FISHBOWL CONVO

Prattsville Art Center
14562, NY 23,
Prattsville, NY

Do you want to take part in a one-of-a-kind discussion?!

Friday, April 4th at 5:30 PM

A fishbowl conversation is a format of discussion in which a small group sits in the center (the "fishbowl") and discusses a topic while the rest of the participants sit in an outer circle and listen. Those in the outer circle can join the conversation by swapping places with someone in the inner circle, promoting active participation and open dialogue. The topics we will be discussing are substance misuse, mental health, stigmatizing beliefs and community norms.

SWAG!

\$25 GIFT CARDS!

DINNER!



CONTACT
518.965.9055
CLAIREC@C-GAC.org



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](#)

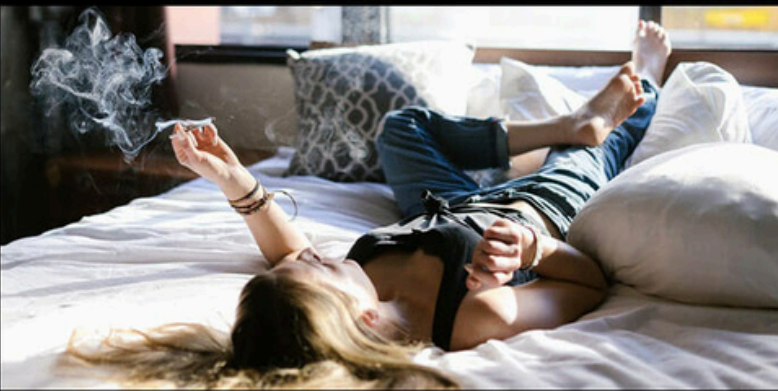
[Website Link](#)

Clubhouse Radio:

Catskill teens share music and stories

[Click Here for Website](#)

Cannabinoid Hyperemesis Syndrome



Weed Sickness Symptoms

- Nausea
- Episodes of vomiting
- Severe cramps & stomach pain
- Changes in diet or eating
- Weight loss
- Headaches and exhaustion

Cannabinoid hyperemesis syndrome

**Common symptoms of
cannabinoid hyperemesis syndrome include:**



Persistent nausea.



**Intense
abdominal pain.**



Loss of appetite.



Repeated vomiting.

Local Interest Story Continued...

A Lifeline in Columbia County: Judith Meier's Volunteer Work with Never Use Alone

Judith's passion for harm reduction also extends into her views on the criminalization of drug use. She believes that criminalizing individuals for their substance use only forces them into high-risk behaviors, like theft, sex work, and lying, in an attempt to get access to drugs. "I think that most people who hear safe supply or decriminalization/legalization aren't thinking about the whole picture. I think they envision mass chaos and everyone becoming dependent on substances" says Judith.

She draws a parallel to alcohol, which, despite causing significant social and health issues, has been regulated to prevent deaths. Judith emphasizes that the social consequences of alcohol are not vastly different from those of illicit drugs. She argues that by providing a safe supply of substances, as some countries have done, the U.S. could achieve better outcomes than the current approach of the drug war. **"Incarceration only causes more trauma, which we know is a contributing factor to substance use. It destroys families and does nothing to help people progress in their lives,"** she says. Judith believes that a safer, more effective approach would involve learning from countries that have adopted harm reduction policies and moved away from punitive measures.

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
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 The Greene County Bank
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 Columbia

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 Metz-Wood Insurance
 Framarin family
 Callander's Nursery



Thank you for reading!

CALLING ALL SUPPORT MEETINGS!!



**WE HAVE
SPACE!!**

WE'D LOVE TO HOST YOUR SUPPORT MEETING!

We welcome ALL recovery-related support groups: substance use; 12-step 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 YOUR MEETINGS TO OUR
RECOVERY COMMUNITY OUTREACH CENTER!**

1 Taconic Place, Chatham, NY

Call 518-966-2775 or email columbiapathwaystorecovery@gmail.com

COLUMBIA COUNTY PATHWAYS TO RECOVERY

(518) 966-2775

New Website coming soon!

Facebook: CCPR's Main Page

Facebook: Community Outreach Center

CCPR's Instagram:

Address: #1 Taconic Place, Rt 66
 Chatham, NY 12037

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