

COLUMBIA COUNTY PATHWAYS TO RECOVERY (CCPR)

February 2025 Newsletter ✦

Here's what has happened in the last month and what's to come!

PREVENTION Education in Columbia County

CCPR has partnered with Columbia-Greene Addiction Coalition and Columbia-Greene Youth Clubhouses to bring prevention education to local high schools. So far, we have visited four health classes at Hudson High School, Ichabod Crane High School and Middle School, Taconic Hills Middle School and High School and will be visiting Hawthorne Valley in February, 2025. We are also working on bringing Cortney Lovell, an internationally renowned speaker on the topic of substance misuse and recovery, to Columbia County School districts.

In this newsletter you can expect:

Community Updates

Schedule of Meetings and Events

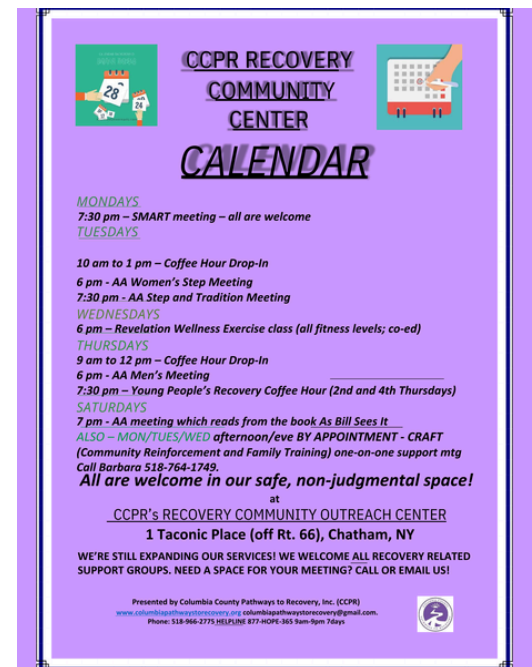
Recovery News

List of Local Food Pantries

Resources and HELP Lines

Harm-reduction and Prevention Education

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.



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](#)

988

SUICIDE & CRISIS
LIFELINE

Call or text 988
Chat 988Lifeline.org

Talk with us.



SAMHSA



Naloxone Box Locations in Columbia County, NY

[CLICK HERE FOR MAP](#)



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

160 Fairview Ave,
Hudson, NY 12534

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 8a-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.](#)

Community Events and Meetings at CCPR:

Just need to get out of the house? Come relax, chat, and have a cup of coffee. Need help with a resume/job searches? Other recovery supports? Or just chill and watch a movie.

CCPR Community Center

DROP IN AND SEE WHAT WE'RE ALL ABOUT!

1 TACONIC PLACE (off Rte 66), CHATHAM, NY 12037

Drop in Hours:

TUESDAYS -10 am to 1 pm

THURSDAYS 9 am to noon

COLUMBIA COUNTY PATHWAYS TO RECOVERY, INC.
COLUMBIAPATHWAYSTORECOVERY@GMAIL.COM
@COLUMBIA_PATHWAYS_TO_RECOVERY
FB-COLUMBIAPATHWAYSTORECOVERY

518-966-2775

HELPLINE 877-HOPE-365 9AM-9PM / 7 DAYS



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-empowerin approach to overcoming addictive behavi and leading a balanced life.

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



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



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

NEWS

- A mother is working to prevent overdose deaths by supervising drug use at home
NPR: 7-min Listen
- Now in Hudson: Oxford House, a model for recovery
- Inside Snapchat's Teen Opioid Crisis

Harm Reduction

DOPAMINE DRIPS

- Exercise
- Sunlight
- Volunteering
- Music
- Connection
- Meditation
- 7+ hrs Sleep
- Gratitude
- Green Tea

DOPAMINE DUMPS

- Alcohol
- Drugs
- Nicotine
- Sugar
- Video Games
- Social Media
- Gambling

@jenleehirst



NARCAN 101
DID YOU KNOW?

Naloxone = Narcan (it's like tissue vs. Kleenex)

Naloxone DOES NO HARM
It is safe for children and pregnant people

NARCAN SHOULD BE IN EVERY HOME

Over 80% of overdose deaths in Columbia & Greene counties happen in private homes

where can I get some?

The safest way to use is NEVER ALONE
call! someone will make sure life saving efforts are utilized should an overdose occur

In NY State, under the Good Samaritan Law, you and the person ODing are both protected from legal prosecution

Scan QR code or visit c-gac.org/harm-reduction for info on how to access free supplies!
518.303.3665

CCGAC
Columbia Greene Addiction Coalition

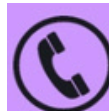
Please consider donating to our cause. As the only Recovery Community Organization in Columbia County, we hope to continue serving the community through 2025.



venmo

Call CCPR @ 1 518-966-2775
for free Narcan in Columbia County!

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



877-HOPE-365
877-4673-365

Let's Talk: Addiction & Recovery Podcasts

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

"Better Together"

A new in-person Al-Anon meeting in Chatham Village!



When: Thursday mornings from 9-10a.m. weekly

Where: Colbert house (of St. James Church) at 129 Hudson Ave.
Chatham, NY 12037. ***Enter through the rear entrance.***

**Al-Anon is a 12 Step program of recovery and support for
family and friends of people with alcohol (or substance
abuse) problems. All are welcome!**

For more information, call or text Steve M. @310-433-5192

• New Narco)cs Anonymous Mee)ng •



No Ma2er What Group

40 Woodland Ave Catskill, NY (Rear of building)

Every Wednesday 7:00-8:15 (Open meeHng)

Just for Today

Candlelight • Coffee

BE HERE...



Be here
for yourself, be
here for each
other



Thursdays

January 9th Thru March 27th
Every other week

Philmont Library
2:00-4:00 pm

Contact Bryan Zimmerman
Family Support Navigator
518-502-4379

bryanz@twincountyrecoveryservices.org

Open hours for confidential one-on-one support,
groups, resources, referrals and education on your
path with someone struggling with Substance Use
Disorder.

RENEW INSPIRATION BOOK CLUB

Get 2025 off to an inspired start with this
free book club for adults



Begins January 16th at 12:30pm
Thursdays twice a month

"SET BOUNDARIES, FIND PEACE"
by: Nedra Glover Tawwab

Philmont Public Library

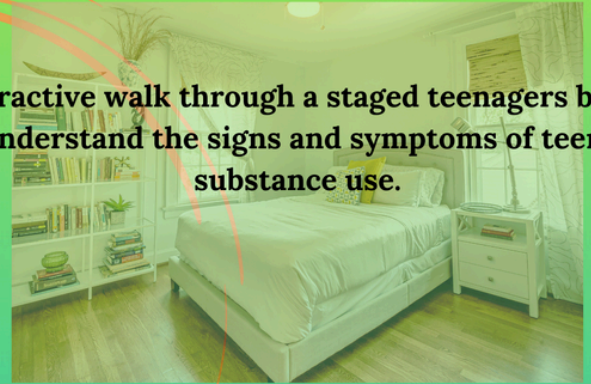
For more information contact Bryan at
bryanz@twincountyrecoveryservices.org or text
518-502-4379

**FAMILY
EDUCATION
SERIES**

**FEBRUARY
26TH
6:30 - 7:30**

Dose of Reality

An interactive walk through a staged teenagers bedroom
to understand the signs and symptoms of teenage
substance use.



GERMANTOWN CENTRAL SCHOOL DISTRICT
AUDITORIUM
123 MAIN STREET, GERMANTOWN, NY 12526



QUEER AND TRANS CRAFT NIGHT!

A SUBSTANCE FREE SAFE SPACE



**BRING YOUR OWN PROJECT TO WORK
ON IN COMMUNITY
OR
BRING AN OPEN HEART AND CRAFT
SUPPLIES WILL BE PROVIDED**

When: Weekly on Tuesdays from 6-8
**Where: ArtLife717 Gallery, 717
Columbia Street, Hudson**

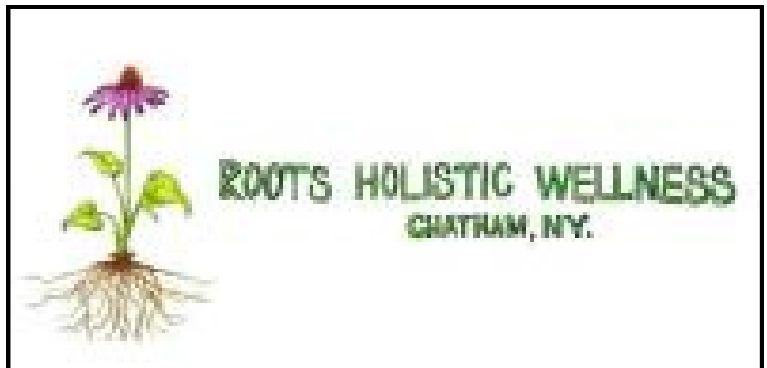
or join us virtually →



**THERE WILL BE FREE TEA, SNACKS
AND HARM REDUCTION SUPPLIES**



for more info contact tborisschaeter@c-gac.org



Community Yoga

Thursday February 27th 5:30-6:30 pm
| March 13th | April 24th | May 15th

Location

**Roots Holistic Wellness; 25 Main St.
Chatham, NY 12037**

Fees/Admission

Free; Donations appreciated

FEB
16



NATURE: A RELATIONSHIP TO MIND, BODY & SPIRITUAL HEALTH

CC Pathways to Recovery

1 Taconic Pl. Chatham, NY 12037

1pm-2:30pm

Come out to learn about the Nurturing Nature of the Natural Spaces surrounding our communities. Bee Clogg, Founder of RecoveryHike Support Group will be leading a talk and discussion on the relationship nature has on social and individual well-being.

OAKDALE PLUNGE!



MARCH 1ST, 2025 OAKDALE BEACH

TAKE A DIVE INTO THE WINTERY WATERS TO SUPPORT
THE HUDSON YOUTH DEPARTMENT,
THE PERFECT TEN, AND HUDSON FIRE DEPARTMENT DIVE AND RESCUE TEAM.

REGISTER AT WWW.OAKDALEPLUNGE.COM

Spoken Word with **Rajnii Eddins**

Author of
'Their Names are Mine'



Experience the transformative power of Spoken Word with Rajnii Eddins, renowned poet and performer whose work uplifts marginalized voices and ignites social justice through poetry. This interactive workshop will inspire creativity, provoke thought, and empower participants to use their voices for change.

Workshop Day 1:

Tuesday, February 18th from 1pm-3pm
Spark of Hudson, 502 Union Street, Hudson

Workshop Day 2:

Wednesday, February 19th from 1pm-3pm
Foreland, 211 Water Street, Catskill

Showcase Event:

Thursday, February 20th from 4pm-8pm
Spark of Hudson, 502 Union Street, Hudson

**For anyone ages 12-25 and beyond. Show up
or reach out if you need a ride!**

Contact:
518.567.7771
khillmann@mhacg.org



Berkshire
Taconic
Community
Foundation

THE
SPARK
OF
HUDSON



QUEER AND TRANS CONNECTION NETWORK

a substance free space

**CONNECT WITH FELLOW MEMBERS
OF THE QUEER AND TRANS
COMMUNITY IN COLUMBIA COUNTY
AND BEYOND!**

**Join us to discuss Queer and Trans issues and
exchange resources specific to our area**

When: Every Thursday from 5-7 p.m.

**Where: Columbia County Pathways to Recovery
#1 Taconic Place, Chatham**

**(take a left and go around to the back of the building)
or join us virtually**

Childcare Provided

Transportation from the Chatham Library can be provided
for more info contact lborisschacter@c-gac.org



Youth Resources

Local Youth Clubhouses

Mental Health Associations of Columbia-Greene County

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


Catskill, NY Youth Clubhouse
455 Main St
Catskill, NY 12414
(518) 491-2432

Columbia-Greene Youth Clubhouses:
[Facebook:](#)

Clubhouse Radio:

Catskill teens share music and stories

[Click Here for Website](#)



NEED YOUR HELP!

are you a Greene or Columbia County Youth (ages 12-25)?

What do you want to change about your community?


What would make it better?

Make your voice heard by joining our

YOUTH COALITION!

WHEN: Monday December 9th from 4:30-6
WHERE: MHACG CATSKILL CLUBHOUSE upstairs room (445 Main Street Catskill)
OR scan QR code for a virtual option

THERE WILL BE SNACKS!



- [Twin County Recovery Services:](#) Counseling for those 5 years and older for those at risk of developing substance use disorder or problem gambling.

- [The Questar III Youth Apprenticeship Program](#)

- [Family Resource Centers of Columbia County](#)
Click the link for local resources for toddlers and young infants.

Clear Mind Sticker Design Contest!

Who

YOUTH aged 10-18 years old
Residing in Columbia and Greene counties.

What

Submit an image with a clear message promoting a **substance-free or CLEAR MIND** lifestyle for the chance to win a gift card **AND** get your one of a kind sticker printed to share with all your friends!

YOUTH can focus on **ANY** substance or a combination such as marijuana, alcohol, vaping, or prescriptions.



Divisions

1. AGES: 10-13
2. AGES: 14-18

Each Division Includes

- 1st, 2nd, 3rd place awards
- 1st Place - \$75.00 Gift Card
+ STICKER PRINTED
- 2nd Place - \$ 50.00 Gift Card
+ STICKER PRINTED
- 3rd Place - \$ 25.00 Gift Card
+ STICKER PRINTED

Deadline

MUST BE SUBMITTED BY
Friday February 21st, 2025 at 11:59pm
mail or e-mail with "STICKER CONTEST"
in the subject line followed by
age division "10-13 or 14-18"

Contact Info:

Mail it!

Columbia-Greene Addiction
Coalition
PO Box 845
Hudson, NY 12534

Email it!

hannah@C-GAC.ORG
t.borisschacter@C-GAC.ORG

QUESTIONS? Reach out!
text/call: 518.303.3665 or DM



Hand in Hand: Supporting Children and Families Impacted by Parental Addiction

Parental Addiction

An interactive course designed to support providers working with children and families impacted by parental addiction and substance use disorder.

[Click HERE for link to Hand in Hand FREE Course](#)

Trauma-Informed Parenting

We welcome you to join us on every second Thursday of the month:

December 12th || January 9th || February 13th
March 13th || April 10th || May 8th

from 7 PM to 8:30 PM

to participant in a class on Trauma-Informed Parenting with a short introduction about foster care. Our Trauma-Informed Parenting class is from the National Training and Development Curriculum (NTDC) and discusses insights into understanding children with trauma and strategies for parents to redirect behaviors while empathising with our children. This class is held virtually.

TO JOIN THIS CLASS

Send an email to VVaccaroJule@TogetherForYouth.org with the email subject line "Trauma-Informed Parenting Sign Up" for the class's link.

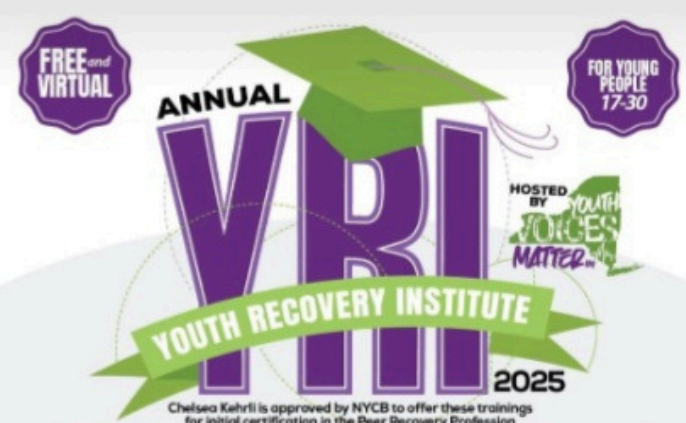
INTEREST IN FOSTERING?

Call/Text 518-419-2793 or go to
<https://www.togetherforyouth.org/foster-a-child/>

**together
for youth**


Together For Youth (TFY) is a state-wide foster care agency that provides trauma-informed care right where youth and their families need it the most – in their homes and communities.

NYS Initiatives



Attend these three required foundational trainings for Initial CRPA Certification 50 Hours (RCA, Ethics, MSR)

RECOVERY COACH ACADEMY (RCA):	3/15	3/21
	3/16	3/22
	3/17	
11AM-6PM		
ETHICAL CONSIDERATIONS FOR RECOVERY COACHES	3/25	
	3/26	
	3/28	
11AM-5PM		
MEDICATION SUPPORTED RECOVERY (MSR):	3/31	
11AM-3PM		

 If you are interested in attending scan the code or please visit <https://forms.office.com/r/tBdAceXiFG?origin=IprLink>

Head over to our page and click the link—don't miss out on this amazing FREE training opportunity! It's your chance to gain valuable skills and work toward CRPA certification at no cost. Sign up now!



Stand Up for Recovery Day is an annual event hosted by Friends of Recovery - New York, bringing together individuals from the recovery community to advocate for policies that support those in recovery. The goal is to raise awareness, influence policy, and educate lawmakers about the community's needs.

DATE **TIME**
FEB 04 | 8AM-3PM

EMPIRE PLAZA CONVENTION CENTER
ALBANY, NY 12242

CLICK THE LINK OR SCAN THE QR CODE TO
REGISTER AT: <https://app.dvforms.net/api/dv/6y9qoe>

 **#WEDORECOVER**

Next Step Recovery Podcast

“NYS OASAS Airs New 30-Minute Special Across New York State To Highlight Ongoing Efforts To Address the Impact of Opioids and the Overdose Epidemic on New Yorkers” -
OASAS



[Click for link to podcast](#)

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

The struggle
 you're in today
 is developing
 the strength
 you need for
 tomorrow.
 Don't give up.

– Robert Tew



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

Stories of Impact:

- [This month's impact story is about 2023's Miss NY, her experience of substance misuse and her recovery on podcast.](#)

[Miss New York: My Substance Use & Recovery Story](#)

[Click Here for the full story.](#)

Also! Follow [Don Downey](#) for riveting journalistic work out of Hudson, NY.

COLUMBIA COUNTY PATHWAYS TO RECOVERY

[\(518\) 966-2775](tel:5189662775)

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