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Columbia County Pathways to Recovery

Issue # 27 - September 2026

Welcome to our September newsletter!

Building a Recovery-Friendly Columbia County

At **Columbia County Pathways to Recovery**, we are dedicated to fostering a supportive and welcoming environment for everyone. We recognize that recovery from substance use and mental health challenges is an important part of building a stronger, healthier, and more resilient community.

This September, we join the nation in celebrating Recovery Month, highlighting the local resources and stories of hope that define our county's path toward wellness and healing for every individual.

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**RECOVERY
MONTH**

CCPR Community Events

September 16th | 7:00 PM

[Click Here to get your FREE Community tickets](#)

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WILL POULTER
IS "STAGGERING."
MARSHALL SHAFFER, THE PLAYLIST

NOAH CENTINEO
IS "TRANSFORMATIVE."
COLE GROTH, FANDOWMIRE

OFFICIAL SELECTION 2024
sundance
festival

"AMAZING... IT FEELS LIKE
SOMEONE OPENED A DOOR
TO THE REAL WORLD."
BILGE EBIRI, VULTURE

**UNION
COUNTY**
A FILM BY ADAM MEEKS

SPECIAL EVENT SCREENING
SEPT. 16TH | 7:00 PM
CRANDELL THEATRE
Chatham, NY

OSCILLOSCOPE
LABORATORIES

Crandell
★ THEATRE ★

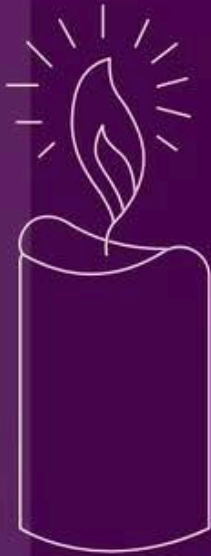


CGAC
COLUMBIA-GREENE ADDICTION COALITION

September 18th | 6:00 PM

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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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ARE YOU AGE 10 - 19?
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, SEPTEMBER 5
3:30-5:30 PM
COLUMBIA COUNTY PATHWAYS TO RECOVERY
1 TACOCONIC PLACE, CHATHAM, NY

Scan to join!



Questions? Email zack@c-gac.org

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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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PATHWAYS TO RECOVERY (CCPR)

TACONIC PLACE

Calendar



MONDAY

6:30 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)



SATURDAY

10:00 AM

Recovery Hike
see website for
dates and
locations.

7:00 PM

AA Meeting Big
Book Study Group



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!



1 TACONIC PLACE

Chatham, NY • off Rt. 66



NEED A MEETING SPACE?

We welcome all recovery
related support groups.
Call or email CCPR!



www.columbiapathwaystorecovery.org



columbiapathwaystorecovery@gmail.com



518-966-2775

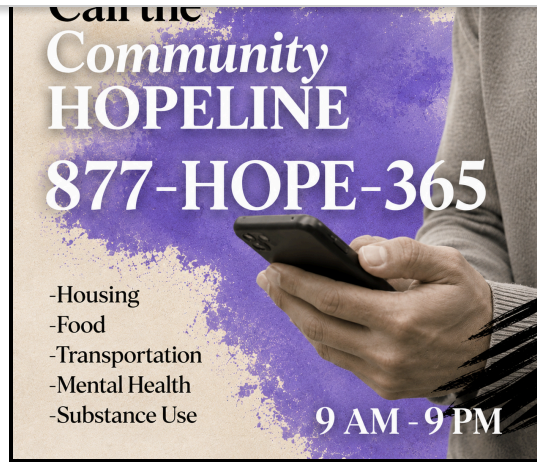


HOPELINE 877-HOPE-365 | 9 AM - 9 PM | 7 DAYS A WEEK

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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.

Mawignack Preserve

52 Snake Road, Catskill

SEPT. 12th
10AM



Scan to Register & Request a ride!



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



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**GREENE & COLUMBIA
HAVE RECEIVED OPIOID
SETTLEMENT FUNDS**

**BUT...
WHERE
ARE THEY
GOING?**

Join us at our next
Community Health Council
meeting to chat **OSF** with gabriel
sayegh of Katal Center for Equity,
Health, and Justice.



**WEDNESDAY, SEPTEMBER 30TH
5:15PM- 6:30PM**



**MHACG Youth Clubhouse
455 Main St., Catskill
(2nd Floor)**



**To Register:
Scan QR, Text/Call
518-303-2141 or just show up!**

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**MHACG**
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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Holistic Wellness Practitioners Needed!

We're seeking holistic wellness and bodywork practitioners from Columbia and Greene counties to offer massage, Reiki, acupuncture, and other modalities at a community retreat for people with lived and living experience related to drug and alcohol use on October 3rd from 2pm-6pm in Greenville.

Compensation and meal provided.

Interested? Let's connect!



emily@c-gac.org



(518) 303-2141

learn more:

www.c-gac.org/about-us



[Subscribe](#)[Past Issues](#)[Translate ▼](#)ALBANY COUNTY
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:***

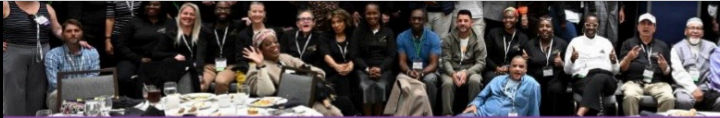
"RECOVERY IS REAL - Restoring Every Aspect of Life"
Participants are invited to design a banner representing your agency. Bring the banner to the Recovery Rally and enter it in our Banner Contest to win a fantastic prize!

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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YOUTH VOICES MATTER CORNER




NEED HELP WITH HOUSING?
WE OFFER

YOUNG ADULTS RECOVERY RESIDENCES

ABOUT US

The Young Adult Recovery Residences Program helps young adults ages 18–24 stay housed and supported while focusing on recovery and their future. Through housing vouchers and ongoing support, the program offers stability, connection, and guidance as participants work toward independence, wellness, and long-term success.

WHAT WE OFFER ✓ Housing vouchers (up to 1 year) ✓ Support with room & board costs ✓ Care coordination ✓ Recovery-focused group activities ✓ Transportation assistance ✓ Wellness & nutrition support ✓ Education & employment guidance ✓ All supports listed are provided at no cost.	HOW IT WORKS ✓ Referral or self-referral ✓ Eligibility screening ✓ Housing voucher approval ✓ Ongoing support & coordination WHO IT'S FOR ✓ Young adults ages 18-24 ✓ In recovery from substance use disorder ✓ Need support paying housing ✓ Open to recovery-focused goals
--	--

CONTACT US
516-434-8397

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WE'RE HIRING!

Recovery New York
Nothing About Us. Without Us.

Join a mission-driven team advancing recovery and building stronger communities across New York State.

BILLING & OPERATIONS Specialist

LOCATION
ALBANY, NY
Not a remote position

SALARY
\$55,000 – \$60,000
Commensurate with experience

SCHEDULE
FULL-TIME
Monday – Friday

ABOUT THE ROLE
Under the direction of the Chief of Operations, the Billing & Operations Specialist ensures accurate billing, payments, and financial records while supporting the day-to-day operations that keep FOR-NY running smoothly.

LIVED EXPERIENCE MATTERS
Direct lived experience or family experience in addiction prevention, harm reduction, recovery and/or treatment spaces is integral and imperative to this role.

WHAT YOU'LL DO
BILLING & FINANCE

- ✓ Prepare and review invoices for RCOs/RCOCs and state agencies
- ✓ Process payments, vouchers and monthly check run
- ✓ Review expense reports and resolve billing issues
- ✓ Maintain accurate financial records and reports
- ✓ Collaborate with the finance team to ensure accuracy and compliance

OPERATIONS & ADMIN SUPPORT

- ✓ Manage inventory and order office supplies
- ✓ Maintain databases and respond to inquiries
- ✓ Assist with events, meetings and travel arrangements
- ✓ Support facilities and equipment maintenance
- ✓ Provide administrative support across departments

Make an Impact. BE PART OF THE CHANGE.
Help us elevate recovery voices and strengthen communities across New York!

APPLY TODAY!
Send your cover letter and/or resume to:
jobs@for-ny.org

WWW.FOR-NY.ORG | [/FRIENDSOFRECOVERYNY](https://www.facebook.com/FRIENDSOFRECOVERYNY) | [@FRIENDSOFRECOVERYNY](https://www.instagram.com/FRIENDSOFRECOVERYNY)

Recovery Month Webinar Series

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Services Administration

SAMHSA's Office of Recovery is hosting a webinar series throughout the month of September. The webinar series will highlight innovative recovery practices, elevate lived experience, and promote the goals of the Great American Recovery Initiative through education and stakeholder engagement. Check out the webinar schedule and click the links below to view descriptions and register:

Recovery Together: Building Strong Recovery Supports through Connection, Collaboration, and Community

Tuesday, September 1, 1-2 p.m. ET

Reducing Stigma Through Storytelling: Our Stories Have Power

Tuesday, September 8, 1-2 p.m. ET

Whole Health & Wellness: Improving Mental Health and Physical Health as a Cornerstone of Recovery

Tuesday, September 15, 1-2 p.m. ET

Multiple Pathways of Recovery: Recovery Happens in Many Ways

Tuesday, September 22, 1-2 p.m. ET

Youth and Family in Recovery for the Future

Tuesday, September 29, 1-2 p.m. ET

Recovery is REAL (Restoring Every Aspect of Life). This September we will celebrate the power of recovery and elevate stories of hope, resilience, and healing.

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.

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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.

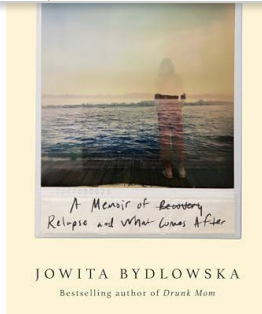
Source: [Nature Neuroscience — August 25, 2026 study](#)

Research Continues to Expand Treatment Options for Opioid Use Disorder

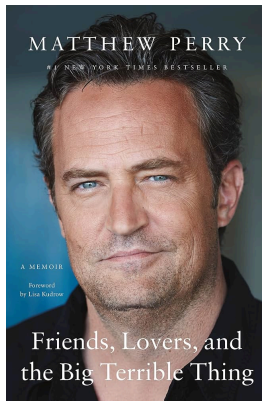
NIH researchers have received authorization to begin a first-in-human safety study of purified mitragynine, a compound derived from kratom, as a potential treatment for opioid use disorder. The upcoming Phase I research will examine safety and tolerability; it is far too early to know whether the compound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

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

On the Bookshelf

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memoir, *Unshaming: A Memoir of Recovery, Relapse, and What Comes After*. The follow-up to her 2013 bestseller *Drunk Mom* explores the crushing weight of chronic relapses behind closed doors and frames "unshaming" as a practice of radical honesty for authentic healing. You can read more about the book on Google Books.



Friends, Lovers, and the Big Terrible Thing — *Matthew Perry*. A candid, often funny, often devastating memoir from the Friends star about decades of addiction hidden behind a very public life. A good entry point for readers new to recovery literature.

Family Support

📅 Event Series: Hybrid – Family
Support Group 2nd and 4th
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.

📅 Event Series: Hybrid – Family
Support Group 2nd and 4th
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.

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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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Thriving with Addiction with Dr. Jonathan Avery

A new 2026 podcast hosted by an addiction psychiatrist at Weill Cornell Medicine. Dr. Avery talks with researchers, people in recovery, families and clinicians about addiction, mental health, treatment and the science of recovery. New episodes are released weekly.

[Apple Podcasts](#)

Recoverycast: Mental Health & Addiction Recovery Stories

Real conversations about addiction and mental health recovery, featuring people sharing their experiences with substance use, treatment, setbacks and rebuilding their lives. A recent episode features a recovery advocate discussing methamphetamine and heroin addiction, prison, and finding recovery.

[Apple Podcasts](#)

Recovering Out Loud

A newer weekly podcast focused on the realities of staying sober—including relapse prevention, shame, trauma, emotional sobriety, identity and mental health. The host draws from his own recovery and experience as an addiction-counselor-in-training.

[Apple Podcasts](#)

Summer Recovery Toolkit

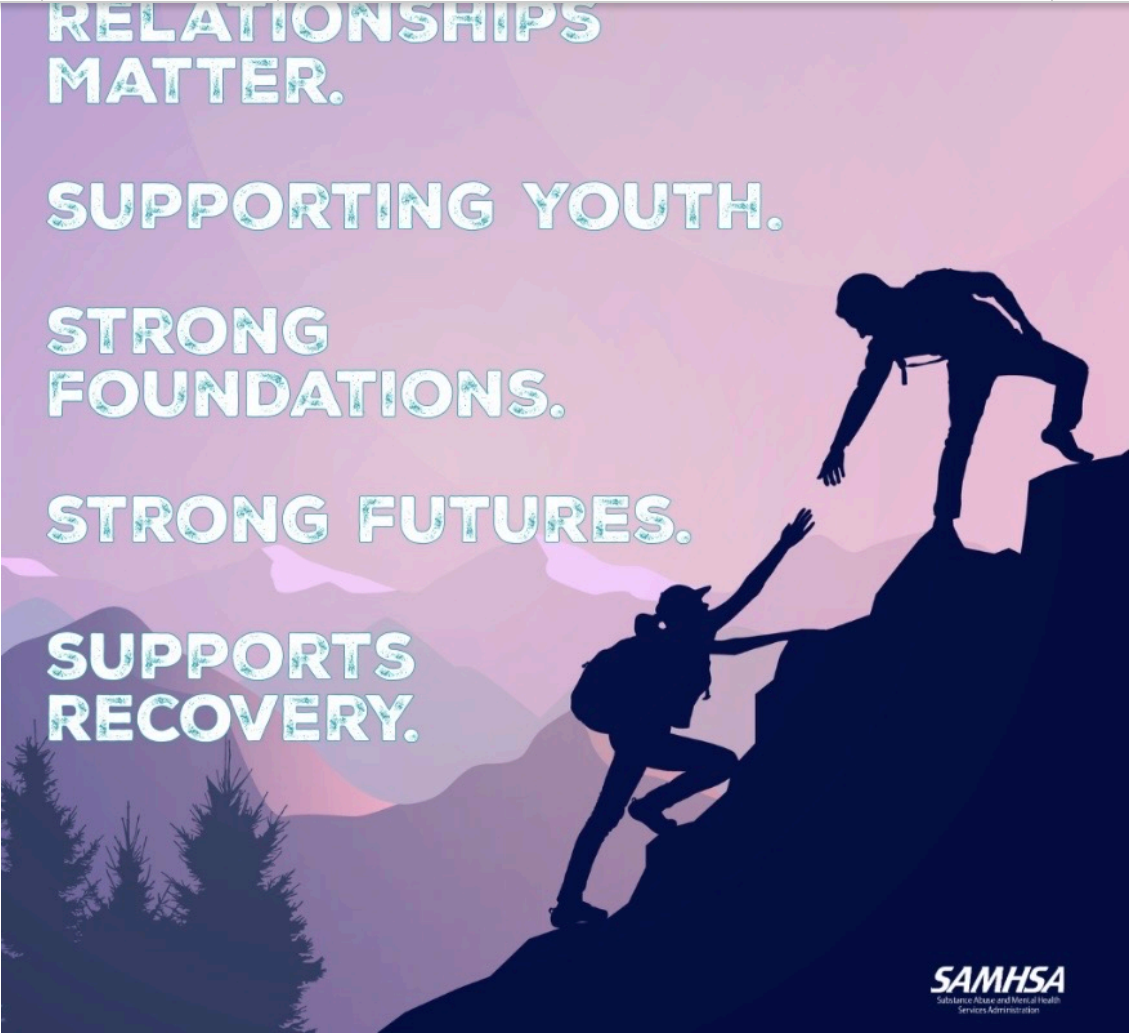
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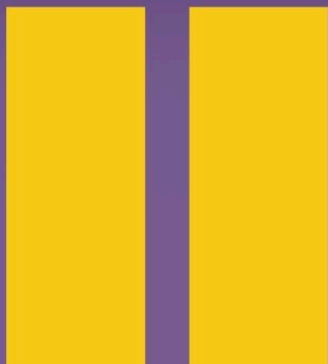
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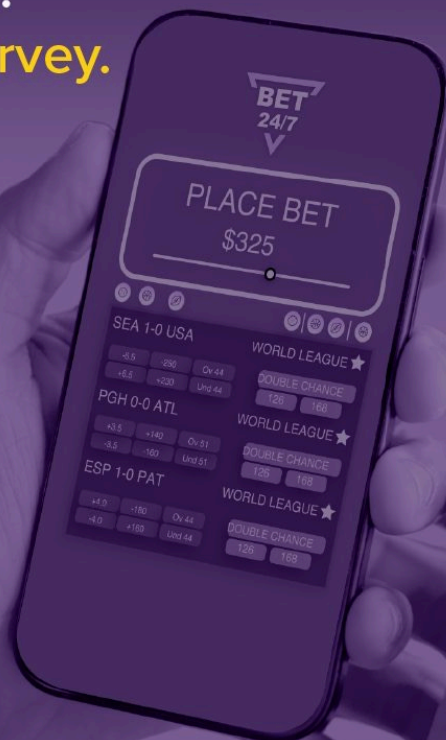
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Gambling too much? Take a Pause.

How much is too much?
To find out, **take our survey.**



 **Office of Addiction
Services and Supports**
OASAS, Every Step of the Way.



Featured Partner of the Month

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Senator Michelle Hinchey**

This September, during Recovery Month, we proudly recognize Senator Michelle Hinchey for her continued support of CCPR and her commitment to strengthening the health and well-being of our local community. Through her advocacy and ongoing partnership, Senator Hinchey helps support CCPR's efforts to expand access to resources, promote prevention, and strengthen pathways to recovery for individuals and families in our community.

We are grateful for Senator Hinchey's continued partnership and dedication to supporting healthier, stronger, and more connected communities—and to recognizing the importance of recovery, hope, and second chances.

[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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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**

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list

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