



Columbia County Pathways to Recovery

Issue # 24 - June 2026

Welcome to our June newsletter!

As summer arrives, we know this season can bring both excitement and challenges in recovery.

Longer days, social gatherings, and changes in routine can sometimes make staying grounded more difficult.

In this month's newsletter, we're sharing upcoming events, new meetings, and practical tools to help support sobriety, wellness, and connection throughout the summer months.

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CCPR Community Events

June 22nd | 5:30–7:00 PM

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Summer Community Gathering!

Join us for an afternoon of fun, creativity, and connection!



PAINT COLORFUL ROCKS



EXPLORE AND PLAY MUSICAL INSTRUMENTS



ENJOY FREE POPSICLES



MEET NEIGHBORS AND MAKE NEW FRIENDS



June 22nd

5:30-7:00 PM

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



Please
RSVP

SO WE KNOW WHICH INSTRUMENTS TO BRING!
columbiapathwaystorecovery@gmail.com
518-966-2775



EVERYONE IS WELCOME! BRING YOUR FAMILY, INVITE A FRIEND,
AND COME ENJOY A RELAXING TIME TOGETHER.



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Every 2nd Saturday of the Month

10:00 am to 11:00 am

REFUGE RECOVERY

 1 Taconic Place
Chatham, NY 12037
(entrance in back)



 columbiapathwaystorecovery@gmail.com

The background of the flyer features a stack of smooth, light-colored stones on a beach, with a blurred ocean and sky in the background.

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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

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COLUMBIA PATHWAYS TO RECOVERY (CCPR)

LOOKING FOR VOLUNTEERS!



MAKE A DIFFERENCE IN YOUR COMMUNITY

Get involved in wellness and recovery while building real-world skills you can carry forward. Gain hands-on experience supporting healthy lifestyles, connect with other students who care about healing and positive change, and strengthen your resume or college applications.

WHO WE'RE LOOKING FOR

- Students who care about people and their community
- Anyone curious about public health, social work, or advocacy



GET INVOLVED

- 📍 Chatham, NY 12037
- ✉ columbiapathwaystorecovery@gmail.com
- ☎ [\(518\) 966-2775](tel:(518)966-2775)
- 🌐 columbiapathwaystorecovery.org

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CCPR CHECK-IN TEXT

Sometimes socializing in early recovery can feel hard. Our peer check-in text provides **simple daily support**.

- ✓ Daily check-ins
- ✓ Encouraging messages
- ✓ Peer support

Example Check-In

Good morning! Just checking in to see how you're doing today. You're not alone.

Sign up today on our website or contact us for more information.

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518-966-2775 | 877-HOPE-365

JUNE 2026

MON	TUE	WED	THU	FRI	SAT
	<p>10 AM-1 PM COFFEE HOUR DROP- IN</p> <p>6:00 PM AA WOMEN'SSTEP MEETING</p>	<p>🦋 6:00 PM REVELATION WELLNESS EXERCISE CLASS</p> <p>📖 8:00 PM THE CHATHAM BEGINNERS AA MEETING</p>	<p>🌈 5-7:00 PM LGBTQ CONNECTION NETWORK</p> <p>📖 6:00 PM AA MEN'S MEETING</p> <p>👉 7:00 PM CREATIVE WRITING FOR WORKSHOP</p> <p>👤 7:30 PM LIVING LIFE MEETING (MAY. 14TH AND 28TH)</p>	<p>9 AM-12 PM COFFEE HOUR DROP-IN</p> <p>👤 6-8 PM LBGTQ GAME NIGHT (MAY. 8TH AND 22ND)</p>	<p>📖 7:00 PM AA MEETING BIG BOOK STUDY GROUP</p> <p>🌟 10 AM REFUGE RECOVERY (MAY 9TH)</p>

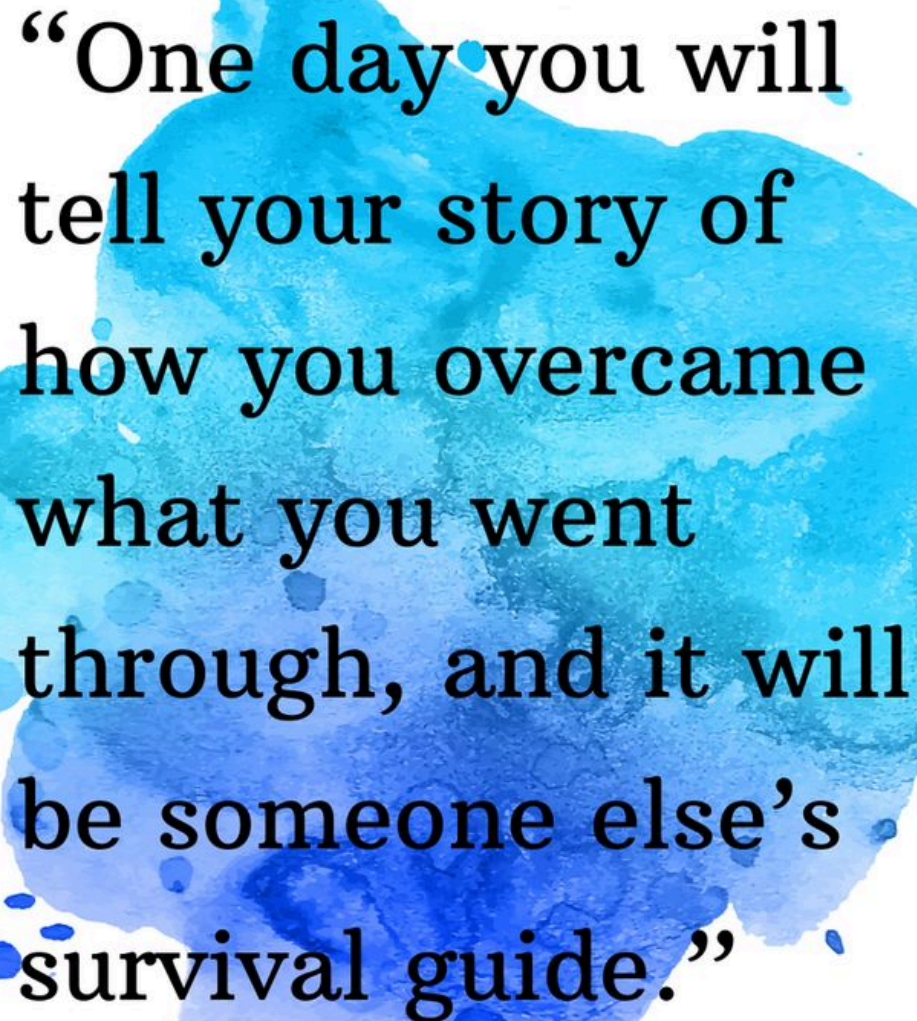
☀️ ALSO - MON/TUES/WED afternoon/eve BY APPOINTMENT - CRAFT (Community Reinforcement and Family Training) one-on-one support meetings 📞 Call Barbara 518-764-1749.

💚 All are welcome in our safe, nonjudgmental space.



Stay Up to Date!

For full details on our upcoming meetings and community offerings, visit our [website](#) for the latest updates.

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“One day you will tell your story of how you overcame what you went through, and it will be someone else’s survival guide.”

BRENE BROWN

Local and State News



The Most Lethal Drug in America

Alcohol kills more Americans than opioids, yet Washington still treats the country's oldest drug crisis as a lifestyle choice.

JOSHUA POWELL
MAY 20, 2026

[READ HERE](#)

A8 Thursday, April 23, 2026 RAVENA NEWS-HERALD | CAPITAL REGION INDEPENDENT MEDIA

AG: Alleged drug trafficking ring shut down

Ravena woman among 26 charged



Attorney General Letitia James
By **Melanie Lekocevic**
Capital Region Independent Media

charged, including a Ravena woman.

The alleged drug ring is accused of distributing large quantities of powder and crack cocaine, as well as heroin and fentanyl, according to the attorney general.

The arrests took place following an investigation led by the AG's Organized Crime Task Force (OCTF), which claims to have recovered more than five kilograms of cocaine and approximately 1.2 kilograms of heroin laced with fentanyl, which has a combined potential street value of approximately \$350,000.

In addition, the investigation seized five handguns and approximately \$67,000 in cash.

The 26 people were charged with a total of 276 crimes. The drug trafficking ring was allegedly active in Albany, Bronx, Columbia, Greene, Rensselaer, Saratoga, Schenectady, Ulster, and Westchester counties, according to the attorney general.

"My office is proud to work with law enforcement agencies across our state to dismantle illegal drug trafficking operations that put New Yorkers in danger," James said. "These traffickers were flooding our communities with cocaine and a deadly combination of heroin and fentanyl. As New York continues its fight against the opioid crisis, my office will use every tool at its disposal to get dangerous narcotics off our streets. I thank our law enforcement partners for their work in this successful investigation."

The investigation was led by OCTF in partnership with the New York State Police, the Rensselaer County Sheriff's Office, and the Bethlehem Police Department. The year-long investigation included covert surveillance and hundreds of hours of wiretaps over more than two dozen target phones, aimed at rooting out heroin, fentanyl and cocaine dealers operating in the Capital Region and elsewhere in New York, James said.

"Good police work and invaluable partnerships were key in bringing down this illegal drug trafficking organization and the vicious crimes perpetrated by it," said New York State Police Superintendent Steven G. James. "This substantial investigation unveiled numerous individuals distributing deadly drugs without any regard for who might purchase them or the intended use. There is no doubt that by intercepting these dangerous acts, lives have been saved. I want to thank the Attorney General's Office and our partners for their outstanding work on this investigation."

The 276-count indictment unsealed in Albany County Court charges the defendants with crimes for their involvement in the narcotics trafficking operation, including various counts of criminal sale and criminal possession of a controlled substance (class A, B, C, D felonies), as well as second-degree conspiracy, a class B felony. In addition to the narcotics offenses, Mark Hebert II was charged with fourth-degree grand larceny and related charges in connection with the theft of a vehicle in Bethlehem.

Those charged in the indictment include:

- Nicole Alberts, 30, of Ravena
- Marcella Anastasio, 46, of Albany
- Matthew Bell, 57, of Albany
- Lauren Cave, 43, of Hoosick Falls
- Tyrus Covington, 51, of Rensselaer
- Thomas Doutsis, 29, of Albany
- Todd Fortley, 38, of Albany
- Jahrell Friday, 39, of Albany
- Alcides Garcia, 55, of the Bronx
- Kevon Gordon, 32, of Rensselaer
- Mark E. Hebert II, 42, of Cohoes
- Jorge Hernandez, 28, of Schenectady
- Gary Holmes, 41, of Albany
- Cedar Lofland, 53, of Queensbury
- Brenda Patterson, 59, of Earlton
- Wilbert Reynoso, 32, of the Bronx
- Reed Simmons, 25, of East Chatham
- David Shuff, 53, of East Greenbush
- Anthony Tedesco, 44, of Albany
- Jacob Tesch, 43, of Troy
- Alex Umpierre, 41, of the Bronx
- Leesa Walker, 34, of Albany
- Michael Wescott, 51, of Gansevoort
- Errol Williams, 36, of Albany
- Jamel Young, 37, of Waterbury, Connecticut
- Jayshaun Young, 30, of Albany

In an April 16 press release AG James announced the takedown of the drug ring that distributed large quantities of powder and crack cocaine, as well as heroin and fentanyl. An investigation led by the Office of Attorney General's (OAG) Organized Crime Task Force (OCTF) recovered more than five kilograms of cocaine and about 1.2 kilograms of heroin laced with fentanyl,


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were charged with 276 crimes for their roles in the drug trafficking operation, which was active in Albany, Bronx, Columbia, Greene counties.


“These traffickers were flooding our communities with cocaine and a deadly combination of heroin and fentanyl. As New York continues its fight against the opioid crisis, my office will use every tool at its disposal to get dangerous narcotics off our streets.

[READ MORE HERE](#)

June 8, 2026 Understanding Substance Use and Overdose Prevention

 Jun 08, 2026

 10:30 AM ET — 12:15 PM ET

 Virtual (Webex)

Join members of the [Project COPE](#) team in exploring the science of substance use and substance use disorders, the basics of overdose prevention and Naloxone use, and concrete ways professionals outside of the substance use disorder treatment system can help prevent overdoses among the individuals and families they serve.

**Monday, June 8, 2026 7:30 AM - 9:15 AM
(UTC-07:00) Pacific Time (US & Canada)**

[REGISTER HERE](#)

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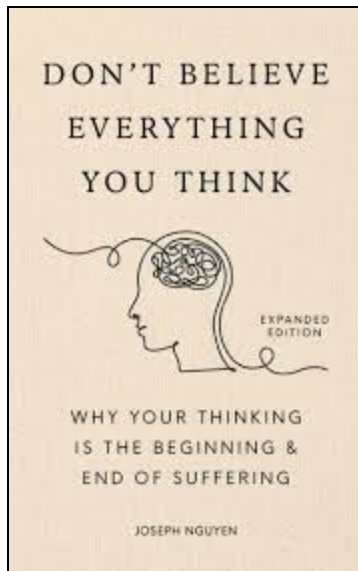
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Federal funding cuts have impacted New York's Essential Plan program. Governor Hochul has taken steps to protect Essential Plan coverage for most enrollees, but there are changes that will impact some enrollees starting July 1, 2026.

[SEE WHATS CHANGING THIS JULY 2026](#)

Book of the Month



 **Don't Believe Everything You Think**

By *Joseph Nguyen*

Your suffering does not come from your problems. It comes from your thinking about your problems. This book draws a sharp line between "thinking" (the source of suffering) and "mind" (the source of peace and creation).

Community & Partner Events

HIKE & HANG

Recovery is better together.

**June 13
10am**

**High Falls
Philmont, NY**

About:

- 1 mile trail winds through a cool, shaded ravine alongside the Agawamuck Creek to the waterfall overlook
- Great for all ages & hiking levels, kids welcome!
- Snacks & water provided

Fun facts:

- Confirmed JLO sighting in 2014
- Columbia County's TALLEST waterfall



GET HIGH WITH US!



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BUILD POWER MOBILIZE YOUR COMMUNITY MAKE CHANGE

Join us for a free Community Organizing Training! Participants will learn skills to help them build local power and create meaningful change in our communities. Whether you're a young leader, provider, or someone with lived experience, you'll leave with concrete strategies, stronger connections, and tools to take action.



June 17th, 2026

Wednesday

Please register
Spaces limited



11:00 am - 2:00 pm



MHACG Youth Clubhouse

369 Warren St.,
Hudson, NY 12534



Lunch provided + rides from
Chatham or Catskill



FACILITED BY: gabriel sayegh

Co-Founder and Executive
Director of The Katal Center for
Equity, Health, and Justice

Questions?
Reach out!
hello@c-gac.org
518-303-3665



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📅 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

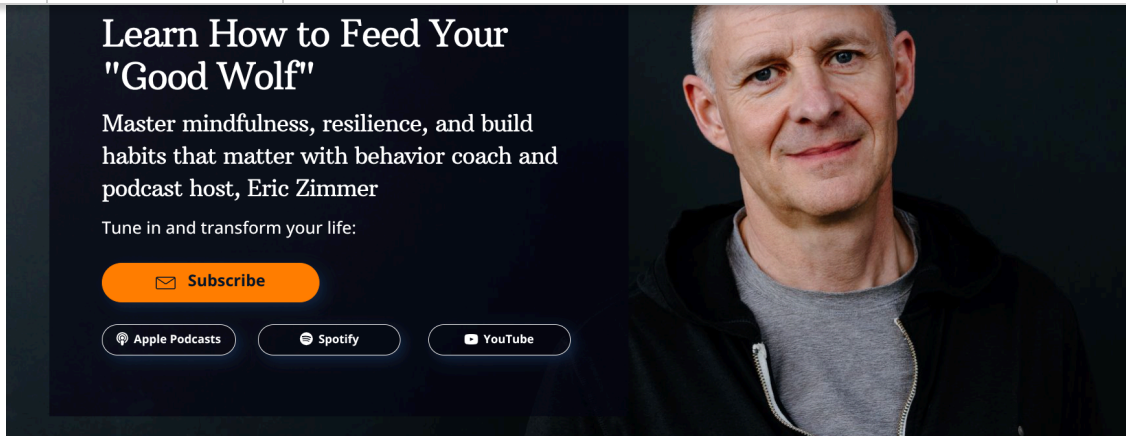


Podcasts

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Learn How to Feed Your "Good Wolf"

Master mindfulness, resilience, and build habits that matter with behavior coach and podcast host, Eric Zimmer

Tune in and transform your life:

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[CLICK HERE FOR LINK TO PODCAST](#)



The Curiosity SHOP

BRENÉ BROWN & ADAM GRANT

Launches March 19th
NEW EPISODES EVERY THURSDAY

VOXMEDIA

[CLICK HERE FOR LINK TO PODCAST](#)

Summer Recovery Toolkit

Recovery in summer is often less about avoiding risk and more about having predictable tools that you can use before

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HALT

(Before High-Risk Situations)

HALT is a quick self-check to identify basic vulnerability states that can intensify cravings or reduce impulse control.

- H** HUNGRY
- A** ANGRY / ANXIOUS
- L** LONELY
- T** TIRED



If one or more are present, risk increases.

This is not about judgment—it's about awareness.



When HALT flags are active, consider adjusting plans: eat first, rest, bring support, or shorten your time in the situation.



2. EXIT PLAN

(Pre-Commitment Strategy)

An exit plan is a pre-decided way to leave a situation without stress or negotiation. It protects autonomy when environments become overwhelming.



The purpose is not expecting you'll need to leave—it's ensuring you can.



Your own transportation or clear departure option



A set time boundary (arrival and exit window)



A simple exit phrase (no explanation needed): "I've got to head out early," or "Good seeing you—I'm leaving now."



Optional support person who knows your plan



3. URGE SURFING

(10–20 Minute Delay)

Urge surfing is a way of riding out cravings instead of reacting to them immediately. Cravings rise and fall like a wave.



Most urges peak and shift within a short window. Delaying action creates space for choice to return.

- 1** Label it: "This is a craving, not a command."
- 2** Set a timer (10–20 minutes).
- 3** Notice sensations: where you feel it in your body.
- 4** Rate intensity (0–10).
- 5** Wait and reassess when the timer ends.



4. REPLACEMENT ROUTINES

(Safe Substitutes)

Replacement routines are pre-planned actions

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Walks (10–30 minutes):
Helps discharge stress and regulate mood through movement.



Hydration reset:
Drink cold water slowly to interrupt escalation and re-center.

5 4 3
2 1

Grounding (5–4–3–2–1):
5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.



Micro-tasking:
Showering, cleaning a small space, or another short, focused activity.



These work best when chosen in advance, not in the middle of a trigger.



FEATURED PARTNER OF THE MONTH



Queer and Trans Connection Network

QT Connections is a welcoming LGBTQ+ community group serving Columbia and Greene County through connection, support, and inclusive social events. They provide a safe, affirming space for Queer and Trans individuals — and allies — to build friendships, reduce isolation, and enjoy community support. QT Connections also offers virtual participation options to help ensure accessibility for those unable to attend in person. By creating opportunities for belonging and peer connection, QT Connections helps strengthen community wellness and recovery through acceptance, inclusion, and shared experiences.

We are grateful for their partnership and their continued dedication to fostering a more inclusive and compassionate community.

For more information about QT Connections: visit their Instagram account [@qtconnectioncg](#) and find more information about the events on [CCPR's](#) website.

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

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Berkshire Taconic Community Foundation

General operating support for personnel and overhead costs has been provided by a grant from the Fund for Columbia County, a fund of the Berkshire Taconic Community Foundation. We thank them for their continued generous support of CCPR.

www.BerkshireTaconic.org



We could use your support and donation

[View this email in your browser](#)

Donate Today



Share



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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

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RECOVERY HOPELINE
877-467-3365
Information, Resources and Referrals
9am to 9pm | 7 days a week

We provide comprehensive resources for individuals and families impacted by the crisis of substance use disorder. We offer hope, awareness, advocacy, education and pathways for those who seek support, relief and recovery.

Our mailing address is:
PO Box 486 Ghent NY 12075

www.columbiapathwaystorecovery.org

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