

COLUMBIA COUNTY PATHWAYS TO RECOVERY (CCPR)

January Newsletter 2025! ✨



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

Welcome to our monthly newsletter! We are thrilled to share with you the latest developments in our mission to make a positive impact in our community of Columbia County. Our goal for this newsletter is to provide Columbia County with monthly updates on recovery and community events, with CCPR as well as other local organizations. We will update you on current healthy recreational activities, new initiatives in harm reduction, addictive behavior education and community meetings and recovery resources.

PREVENTION

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 Middle School and will be visiting Taconic Hills in January, 2025. We are also beginning to work on providing healthy, after-school programs for the youth of Columbia County.

New youth after-school activities also underway in collaboration with Twin Counties Recovery Services.

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 Edu

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.

**CCPR RECOVERY
COMMUNITY
CENTER**

CALENDAR

MONDAYS
6 pm – Revelation Wellness Exercise class (all fitness levels; co-ed)
7:30 pm – SMART meeting – all are welcome

TUESDAYS
10 am to 2 pm – Coffee Hour Drop-In
6 pm – AA Women's Step Meeting
7:30 pm – AA Step and Tradition Meeting

WEDNESDAYS
6 pm – Mom's Support Group (beginning Oct 30, 2024)

THURSDAYS
9 am to 12 pm – Coffee Hour Drop-In
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-8pm 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](#)

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

TUESDAYS -10 am to 2 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



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

MOMS Meeting, for mothers who need support Wednesdays @ 6PM

MOMS EMPOWERING MOMS

A SUPPORT GROUP FOR MOMS OF
CHILDREN WHO USE SUBSTANCES

Wednesdays, 6 pm

beginning October 30th

CCPR RECOVERY OUTREACH CENTER
1 TACONIC PLACE, CHATHAM

*A group of moms supporting moms
and learning from each other. Non-
12 Step free form format.*

Facilitated by a mom and former
substance abuse counselor with a degree
in Psychology and Chemical Dependency
Counseling



columbiapathwaystorecovery@gmail.com
www.columbiapathwaystorecovery.org



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

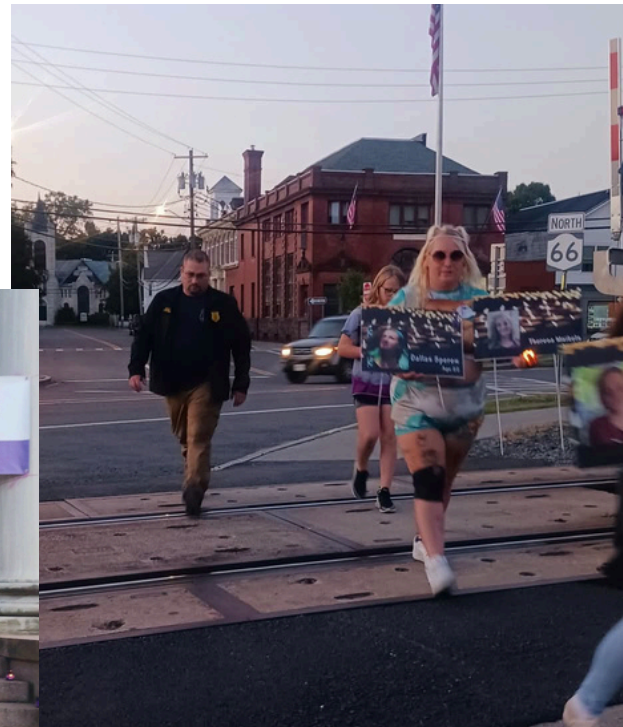
Our 2024 Year in review!

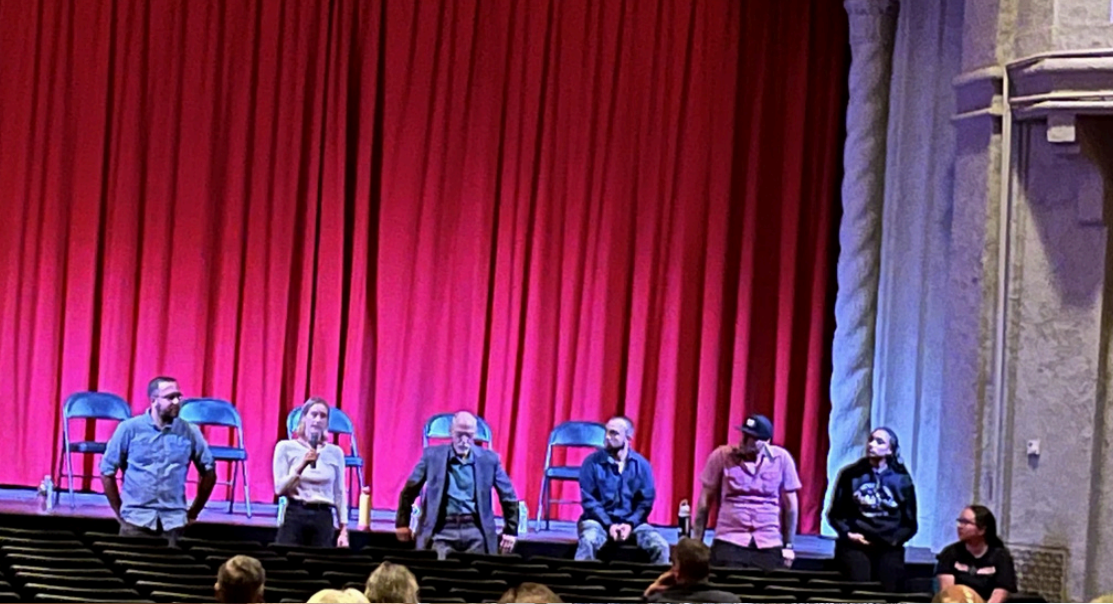
Reflecting back on the year 2024, CCPR is extremely grateful for the support of donors, volunteers, and the residents of Columbia County who have helped make their communities a better place for those struggling with substance misuse.

BECAUSE OF YOU!

CCPR is able to provide substance misuse awareness, free harm reduction services, Narcan trainings for the community, prevention education in Columbia County schools and reach over 2000 individuals in our community.

Check our [Instagram](#) or [Facebook](#) for meetings list and new upcoming events for 2025!





WEDNESDAY, SEPTEMBER 18
JOIN US FOR A SPECIAL
SCREENING OF
INHERITANCE
"I'm gonna be different"

The film explores the underlying causes of the opioid epidemic in America through the life of one boy and five generations of his extended family over 11 years.

Curtis, a bright and hopeful 12-year-old, grows up in rural Ohio surrounded by love and struggle while every adult in his family – parents, grandparents, aunts, uncles, and cousins – battle addiction.

SEPTEMBER 18 | FREE ADMISSION
6PM
THE CRANDELL THEATRE



2024





RECOVERY RESOURCES ARE NEEDED more than ever in Columbia County

According to OASAS, NYS is experiencing a **decrease** in opioid overdose deaths.

Read about it:

[ABC News](#)

[NY POST](#)

Many are claiming the decline can be attributed to the availability of recovery services, prevention, and harm reduction.

Columbia County is still struggling to lower opioid overdose deaths.

According to the CDC, overdose deaths have remained between 15-19 per year from 2023 through March of 2024.

SOURCE: [CDC Dashboard](#)

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

**Alcohol remains
a leading cause
of death in the
US and NY.**

According to the [NY Health Department](#), more than 8,000 deaths are attributed to alcohol annually.



877-HOPE-365

877-4673-365

Call CCPR @ 1 518-966-2775

for free Narcan!

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

Hudson Valley Pattern for Progress

WHEN HOTELS BECOME HOME:

The growing quantity, heartache, and cost of families living in hotels in the Mid-Hudson

Support and Strategies for anyone helping a person who uses substances

FREE Group in Hudson and on Zoom

Thursdays Clubhouse of MHACG
6:00 - 7:30 pm 47 North 5th St
Starting Jan 9th 2025 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

Self-Love Affirmations

January 4
to
March 1, 2025

Art that represents self-love and self-care.

Reception: Friday, January 10, 5pm to 7pm

ARTLife717

717 Columbia St., Hudson, NY 12534

Hours

Wed. 12pm-5pm

Fri. 1pm - 6pm

Sat. 12pm -6pm



Monthly or one-time donations are accepted online at www.stigmfree.art
Mail donation checks payable to the Mental Health Awareness Gallery to
Brian Belt - PO Box 543, Philmont, NY 12565

"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

Family Support Navigator Program

You are not alone.

All are
welcome.

Reach out for resources,
referrals and one-on-one peer
support in your path with
someone struggling with
Substance Use Disorder.

Confidential

**Contact Bryan Zimmerman
Family Support Navigator**

518-502-4379

bryanz@twincountyrecovery.com



TWIN COUNTY
RECOVERY SERVICES
"focused on the future, one day at a time"

NADA EAR ACUPUNCTURE CLINIC

Good for Relaxation
and Detoxing

Saturday, 16th from 11-12 pm

110 Main Street, Philmont NY

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](#)

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



CGAC and **GREENE COUNTY**
Columbia-Greene Addiction Coalition Public Health

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!



QUESTAR III PUTTING STUDENTS FIRST

TOP WORK PLACES 2017 TIMES UNION timesunion.com

The collage features three images: a group of students in a classroom, a student working on a project, and two students in graduation gowns.

NYS Initiatives

OASAS Launches Partnership with NEXT Distro to Supply Naloxone Free of Charge to All New Yorkers

The workplace: New York state's next fight for addiction support

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



“Addiction: The Next Step” is a weekly podcast hosted by former broadcast journalists to highlight addiction and harm reduction services available in New York. It discusses all things prevention, harm reduction, treatment, and recovery, and highlight the importance of specialized services. Expert guests will include providers, persons with lived experience, peers and those familiar with the system of care here in New York State”.

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.

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

Individual Donors:

Dr Joseph Lalka and Teresa
 Ribadeneyra;
 Donna and Wesley Coon;
 Northlands Foundation,
 Wheelock Whitney
 Golf Sponsors:
 Kneller Insurance \$1000;
 First Fuel & Heating \$500;
 \$100—Frank Marshall, Long
 Energy Ginsberg's Foods, Joseph
 Lalley, Metz-Wood Insurance,
 Framarin family, Callander's
 Nursery



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 a young daughter who struggled with her own addiction while facing the loss of her father due to alcoholism.](#)

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

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

Thank you for reading!

| | |
|---|--|
| <p>COLUMBIA COUNTY PATHWAYS TO RECOVERY</p> | <p>(518) 966-2775</p> |
| <p>New Website coming soon! Facebook: CCPR's Main Page Facebook: Community Outreach Center CCPR's Instagram:</p> | <p>Address: #1 Taconic Place, Rt 66 Chatham, NY 12037 Mailing Address: P.O. Box 486, Ghent, NY 12075</p> |