

SOUTHERN BERKSHIRE COUNTY RESOURCE GUIDE

**FOR FOOD, HOUSING, MENTAL HEALTH,
SPECIAL NEEDS RESOURCES, & TRANSPORTATION**



**Published in Collaboration of Southern Berkshire Public Health
Collaborative, Families Like Ours and Tri-Town Health Department**

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Serving the Towns of Alford, Great Barrington, Lee, Lenox,
Monterey, Mount Washington, New Marlborough, Otis,
Sandisfield, Sheffield, Stockbridge and Tyringham

Dear Southern Berkshire County Community Members,

Welcome to our resource guide for the South County! This guide includes over 100 resources available to residents in Alford, Egremont, Great Barrington, Lee, Lenox, Monterey, Mount Washington, New Marlborough, Otis, Sandisfield, Sheffield, Stockbridge, Tyringham and West Stockbridge. This guide was created to provide a printed resource list to residents, boards of health, first responders, libraries, municipalities and other service organizations to enhance their support of South County residents.

We would like to thank Rania Markham of *Families Like Ours* who took the time to assemble resources and create this guide. A lot of work, time and effort went into the final product, and we are excited to get it published and distributed to the people who need it the most.

Digital copies with ongoing updates will be available on the SBPHC website (www.southernberkshirehealth.com) and the *Families Like Ours* website (www.familieslikeoursinc.com). We will make printed updates once per year but are happy to make additions and changes so feel free to submit your changes and suggestions by emailing rania@familieslikeoursinc.com!

Thank you for your role in making South County a wonderful place to work and live!

A handwritten signature in black ink that reads "Jayne E. Smith".

Jayne Smith
SBPHC Shared Services Manager
Southern Berkshire Public Health Collaborative
www.southernberkshirehealth.com

“South County’s Public Health Resource”

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Disclaimer of Accuracy of Information:

All information provided in the enclosed resource guide and use of services is for informational purposes only and should not be construed as fact. The accuracy of information may change over time. If you have a resource that you would like included or changed, please email rania@familieslikeoursinc.com. Updated online versions of this Resource Guide can be found at www.southernberkshirehealth.com and www.familieslikeoursinc.com.

Emergency Services Information

In case of emergency, call 911

Name	Phone Number	Website
Department of Children & Family Services	413-236-1800 Child At-Risk Hotline: 1-800-792-5200	mass.gov/how-to/report-child-abuse-or-neglect
Domestic Violence Hotline	1-800-799-7233	thehotline.org
Elder Services of Berkshire County	413-499-0524 (Office) Report/Abuse Hotline: (800) 922-2275	mass.gov/protecting-older-adults-from-abuse
Elizabeth Freeman Center	24/7 through our toll-free hotline: 1-866-401-2425	elizabethfreemancenter.org/
Construct	Phone 413-528-1985	constructberkshires.org/
Emergency Help	911	
Samaritan Statewide Helpline (Massachusetts suicide prevention)	Call 877-870-4673, Text 988 Call/text/chat Option	samaritanshope.org
Suicide prevention	1-800-273-8255	masstpc.org/suicide-prevention/
Brien Center	413- 499-0412 Mental Health Crisis Hotline: 1-800-252-0227	briencenter.org/
MA Overdose Prevention	Hotline 800-972-0590	helplinema.org/stay-safe/overdose-prevention/
National Domestic Violence Hotline	877-785-2020	mass.gov/info-details/massachusetts-safelink-resources
Berkshire Harm Reduction (safe supplies/delivery services)	413- 447-2654	berkshirehealthsystems.org/location/harm-reduction/
BCAC Emergency Utilities Assistance	413-445-4503	https://www.bcacinc.org/
Berkshire County Kids Place	Pittsfield office: 413-236-1800 <u>Monday-Friday 9am-5pm</u> Nights/Holidays/ Weekends) Child @ Risk Hotline: 800-792-5200	kidsplaceonline.org/
National Runaway Safe line	Safe line 800-786-2929	1800runaway.org

Additional Resource Guides

Resource	Website
413 Cares (Online Resource Guide)	413cares.org
Advocacy For Access (Insurance Resources)	berkshirehealthsystems.org/location/advocacy-for-access/
BASIC Berkshires (Immigrant Resources)	basicberkshires.org
Berkshire County Substance Use Resource Guide	boapc.org/wp-content/uploads/2023/01/22_BOAPC_ResourceOnePage_03.pdf
Berkshire United Way	www.berkshireunitedway.org/get-help
Berkshire Community Action Council	Community Resources: Financial, Heating/Weatherization, Programs berkshirecap.wp.iescentral.com/community-resources
Berkshire Coalition for Suicide Prevention	Mental Health Help and Other Resources berkshirecoalition.org/resources-2
Home Care Alliance of MA	Guide to Private Home Care Services (with insurance information) https://www.thinkhomecare.org/page/providersearch
Legal Resources	Community Legal Aid: (855) 252-5342, communitylegal.org Berkshire Center for Justice: (413) 854-1955, berkshirecenterforjustice.org UpSide413: (413) 443-7138, upside413.org/housing-and-legal-counseling/
Massachusetts Addiction and Recovery Resources	watersiderecovery.com/massachusetts-addiction-and-recovery-resources/?gad_source=1&gclid=Cj0KCQjwsJO4BhDoARIsADDv4vCN4mJm2vR2c_c-LqyzWZE4DTv4M_JBBuUs31dSiyiEw1UpvKpX3LlaAkAFEALw_wcB
Nonprofit Center of the Berkshires	Directory of Berkshire Nonprofits and Ways to Help npcberkshires.org/virtual-resource-directory/
Rural Recovery Resources	List of substance use recovery resources and free peer recovery coaches. https://www.rural-recovery.org/help
Southern Berkshire Chamber of Commerce	southernberkshirechamber.com/
Well-Being Guide of the Berkshires (NAMI)	namibc.org/wp-content/uploads/sites/243/2024/05/Well-Being-Guide-of-the-Berkshires_5.3.24-2.pdf

Southern Berkshire County Town Information

Alford: <http://www.townofalford.org>

Animal Control Officer- Thomas Horrigan (413) 717-5154, (NEED EMAIL)
Board of Health- Jayne Smith, (413) 528-4536 x201, jespublichealth@gmail.com
Fire Department – 86 North Egremont Road. (413) 528-5156 or **911 (Emergency)**
Library – Alford’s Children’s Library- Alford Town Hall. (413) 528-2403
Police Department- Alford Town Offices. 5 Alford Center Rd. (413) 528-5300 or **911 (Emergency)**
Public Health Nurse- SBPHC, Jill Sweet, (413) 717 7209, jill@tritownhealth.org
School District – Southern Berkshire Regional School District. (413) 229-8754, www.sbrsd.org
Town Offices – 5 Alford Center Road. Roxanne Germain, (413) 528-4536, offices@townofalford.org
Veterans’ Agent- Tom Beasley, (413) 528-1580, veteransagent@egremont-ma.gov

Egremont: www.egremont-ma.gov

Animal Control Officer- Max Kolb, 413-528-0182, (NEED EMAIL)
Board of Health – Juliette Haas, (413) 528-0182 x22, jhaas@egremont-ma.gov
Council on Aging – Peg Muskrat, (413) 528-0182 x25, coa@egremont-ma.gov
Fire Department – 175 Egremont Plain Road, (413) 528-1625 or **911 (Emergency)**
Library – 1 Buttonball Lane (413) 528-1474, EGRLibrary@egremont-ma.gov
Police Station – 171 Egremont Plain Road. (413) 528-2160 or **911 (Emergency)**
Public Health Nurse - Berkshire Public Health Alliance, alliancenuurse@berkshireplanning.org
School District – Southern Berkshire Regional School District, (413) 229-8754, www.sbrsd.org
Town Offices – 171 Egremont Plain Rd. (413) 528-0182, tegremont@egremont-ma.gov
Veterans’ Agent – Tom Beasley, (413) 528-1580, veteransagent@egremont-ma.gov

Great Barrington: www.townofgb.org

Animal Control Officer- Shepley Evans, 413-528-0306 (NEED EMAIL)
Board of Health- Rebecca Jurczyk, (413) 528-0680, rjurczyk@townofgb.org
Council on Aging- 917 Main St, Joan Peters, (413) 528-1881 jpeters@townofgb.org
Fire Department – 37 State Road. (413) 528-0788 or **911 (Emergency)**
Libraries– Mason: 231 Main St, (413) 528 2403 Ramsdell: 1087 Main St, Housatonic, (413) 528-2403
Police Station – 465 Main Street. (413) 528-0306 or **911 (Emergency)**
Public Health Nurse- SBPHC, Jill Sweet, (413) 717 7209, jill@tritownhealth.org
School District – Berkshire Hills Regional School District. (413) 298-4017, www.bhrsd.org
Town Hall – 334 Main Street. (413) 528-1619 x2900
Veterans’ Agent – Tom Beasley, (413) 528-1580, veteransagent@egremont-ma.gov

Lee: www.lee.ma.us

Animal Control Officer- Jason Dragonetti, 413-717-7026, Jason@tritownhealth.org
Board of Health- Tri-Town Health Department, 50 Main St, Stockbridge. (413) 243-5540 www.tritownhealth.org
Council on Aging- Patricia Di Grigoli, 21 Crossway St. (413) 243-5545 coa@town.lee.ma.us
Fire Department - 179 Main Street. (413) 243-2100 or **911 (Emergency)**
Library – The Lee Library, 100 Main Street. (413) 243-0385 www.leelibraryma.org
Mental Health Co-Responder – Ivy Goodwin (413) 327-2005 ivy@tritownhealth.org
Police Station – 32 Main Street. (413) 243-2100 or **911 (Emergency)**
Public Health Nurse- SBPHC, Jill Sweet, (413) 717 7209, jill@tritownhealth.org
School District – Lee Public Schools. www.leepublicschools.net (413) 243-0276
Town Hall – 32 Main Street. www.lee.ma.us (413) 243-5505
Veteran’s Agent – Doug Mann, 177 Main St, Lee (413) 409-5974 leeetsagent@wmconnect.com

Lenox: www.townoflenox.com

Animal Control Officer- Jason Dragonetti, 413-241-3373, Jason@tritownhealth.org
Board of Health- Tri-Town Health Department, 50 Main St, Stockbridge. (413) 243-5540 www.tritownhealth.org
Council for Aging – Shannon O’Brien, 65 Walker St. (413) 637-5530 communitycenter@townoflenox.com
Fire Department - 14 Walker Street. (413) 637-2345 or **911 (Emergency)**
Library– Lenox Library, 18 Main Street. (413) 637-0197 lenoxlib.org/
Mental Health Co-Responder – Ivy Goodwin (413) 327-2005 ivy@tritownhealth.org

Police Station – 6 Walker Street. (413) 637-2346 or **911 (Emergency)**
Public Health Nurse- SBPHC, Jill Sweet, (413) 717 7209, jill@tritownhealth.org
School District – Lenox Public Schools. (413) 637-5560 www.lenoxps.org
Town Hall – 6 Walker Street. (413) 637-5500, www.townoflenox.com
Veteran's Agent – Doug Mann, 177 Main St, Lee (413) 409-5974 leevetsagent@wmconnect.com

Monterey: www.montereyma.gov

Animal Control Officer- Brian Fahey, 413-528-3211 (NEED EMAIL)
Board of Health-John Makuc,, (413) 528-1443,
Community Center- 468 Main Rd, (413) 528-3600, montereycommunitycenter@gmail.com
Council on Aging- Kathryn Roberts, (413) 528-1443 x247 coaoutreach@montereyma.gov
Fire Department – 411 Main Rd. (413) 528-3136 montereyfireco@gmail.com or **911 (Emergency)**
Library – Monterey Library, 452 Main Road. Mark Makuc, (413) 528-3795, montereylibrary@gmail.com
Police- 435 Main Rd, (413) 528- 3211 or **911 (Emergency)**
Public Health Nurse- SBPHC, Jill Sweet, (413) 717 7209, jill@tritownhealth.org
School District – Southern Berkshire Regional School District. (413) 229-8754 www.sbrsd.org
Town Hall – 435 Main Road. Roger MacDonald (413) 528-1443 x111, admin@montereyma.gov
Veterans' Agent – Tom Beasley, (413) 528-1580, veteransagent@egremont-ma.gov

Mount Washington: www.mountwashington-ma.gov

Animal Control Officer- (Vacant)
Board of Health- Justin Torrico (chair), boardofhealth@townofmtwashington.com
Council on Aging- Corey Hines, (413) 528 3998 mtncory@aol.com
Fire Department – Joe Schneider, (413) 717 7622 , efd50joe@gmail.com or **911 (Emergency)**
Library – 2 Plantain Pond Rd. Lesliann Furcht, (413) 528- 4971, mtwashlibrary@townofmtwashington.com
Police/ EMD - Brian Tobin, (413) 528-3204, briantobin@townofmtwashington.com or **911 (Emergency)**
Public Health Nurse- SBPHC, Jill Sweet, (413) 717 7209, jill@tritownhealth.org
School Districts – SBRSD (413) 229-8754 www.sbrsd.org or BHRSD (413) 298-4017, www.bhrsd.org
Town Hall – 2 Plantain Pond Rd. (413) 528-2839, elem@townofmtwashington.com
Veterans' Agent – Tom Beasley, (413) 528-1580, veteransagent@egremont-ma.gov

New Marlborough: www.newmarlboroughma.gov

Animal Control Officer- Graham Frank, 413-229-8161 (NEED EMAIL)
Board of Health – Scott McFarland, Agent, nmboh@newmarlboroughma.gov (413) 229 8469
Council on Aging – Prudence Spaulding, (413) 229-8407
Fire Department – 205 Norfolk Rd, Southfield, Charles Loring III, Chief (413) 229-8100 or **911 (Emergency)**
Library – 1 Mill River - Great Barrington Road. (413) 229-6668 www.newmarlboroughlibrary.org
Police Station – 807 Mill River Southfield Rd. Graham Frank, Chief, (413) 229-8161 or **911**
Public Health Nurse- SBPHC, Jill Sweet, (413) 717 7209, jill@tritownhealth.org
School District – Southern Berkshire Regional School District. (413) 229-8754 www.sbrsd.org
Town Hall – 807 Mill River Southfield Road. Mari Enoch, (413) 229-8116 nmbos@newmarlboroughma.gov
Veterans' Agent – Tom Beasley, (413) 528-1580, veteransagent@egremont-ma.gov

Otis: www.townofotisma.com

Animal Control Officer- Nicole Miller, 413-427-2995 (NEED EMAIL)
Board of Health – Heather Grey (413) 269 0100 x129, healthdept@townofotisma.com
Council on Aging – 1 N Main Road, Kendra Rybacki, (413) 269-0100 x5, seniorsotisma@gmail.com
Library – Otis Library, 48 North Main Road. Brad Havill, (413) 269-0109, info@otislibraryma.org
Police Station – 1 North Main Road. Kris McDonough, Chief, (413) 269-0100
Public Health Nurse- SBPHC, Jill Sweet, (413) 717 7209, jill@tritownhealth.org
Fire Department – 15 South Main Rd. Richie Phair, Chief, (413) 269-0100 x120 or **911 (Emergency)**
School Districts – BHRSD, www.bhrsd.org , Farmington River, www.frrsd.org , Lee M/H www.leepublicschools.net
Town Hall – 1 North Main Road. Brandi Page, Town Admin, (413) 269-0100 x 127 townadmin@townofotisma.com
Veterans' Agent – Tom Beasley, (413) 528-1580, veteransagent@egremont-ma.gov

Sandisfield: www.sandisfieldma.gov

Animal Control Officer- Sandisfield Police Dept (413) 258-4742
Board of Health – 3 Silverbrook Rd, SBPHC Jason Dragonetti, (413) 258-4711 x9, jason@tritownhealth.org
Council on Aging- 66 Sandisfield Rd, (413) 258-4711 x8
Library – Sandisfield Library, 23 Sandisfield Road. (413) 258-4966 www.sandisfieldlibrary.org
Police Station – 3 Silverbrook Rd, (413) 258-4742 or **911 (Emergency)**
Public Health Nurse- SBPHC, Jill Sweet, (413) 717 7209, jill@tritownhealth.org
Fire Department – Station #1: 79 South Main St, Station #2: 207 Sandisfield Rd. (413) 258-4742 or **911**
School Districts – BHRSD, www.bhrsd.org , Farmington, www.frrsd.org , Lee M/H www.leepublicschools.net
Town Hall Annex– 66 Sandisfield Road. Janey Snyder (413) 258-4711 jbeardsley@sandisfieldma.gov
Veterans' Agent – Tom Beasley, (413) 528-1580, veteransagent@egremont-ma.gov

Sheffield: www.sheffieldma.gov

Animal Control Officer- Cassie Keeley, 413-229-8522 (NEED EMAIL)
Board of Health – 21 Depot Square. (413) 229- 7000 x157, townhall@sheffieldma.gov
Council on Aging – 25 Cook Rd. (413) 229-7037 kloring@sheffieldma.gov
Fire Department- 65 Depot Square. John Ullrich, Chief (413) 229-7033 or **911(Emergency)**
Library– Bushnell Sage Library, 46 Main Street. Deena Caswell (413) 298-5501
Police Station – 10 South Main Street. Eric Munson, Chief, (413) 229-8522 or **911(Emergency)**
Public Health Nurse- SBPHC, Jill Sweet, (413) 717 7209, jill@tritownhealth.org
School District – Southern Berkshire Regional School District. (413) 229-8754 www.sbrsd.org
Town Hall – 21 Depot Square. --- Town Admin (413) 229-7000
Veterans' Agent – Tom Beasley, (413) 528-1580, veteransagent@egremont-ma.gov

Stockbridge: www.stockbridge-ma.gov

Animal Control Officer- John Drake, 412-464-2148 (No email)
Board of Health- Tri-Town Health Department, 50 Main St, Stockbridge. (413) 243-5540 www.tritownhealth.org
Council on Aging – 50 Main St, Katie Szwyd, Director (413) 298-4170 x263 COADirector@stockbridge-ma.gov
School District – Berkshire Hills Regional School District. www.bhrsd.org (413) 298-4017
Town Hall – 50 Main Street. Michael Canales, Town Administrator, (413) 298-4170
Library – The Stockbridge Library, 46 Main St. (413)298-5501 info@stockbridgelibrary.org
Police Station – 50 Main Street. , Darrell Fennell, Chief (413) 298-4179 or **911 (Emergency)**
Public Health Nurse- SBPHC, Jill Sweet, (413) 717 7209, jill@tritownhealth.org
Fire Department - 1 East Street. (413) 298-4866 or **911 (Emergency)**
Veterans' Agent – Tom Beasley, (413) 528-1580, veteransagent@egremont-ma.gov

Tyringham: www.tyringham-ma.gov

Animal Control Officer- John Drake, 412-464-2148 (No email)
Board of Health – 116 Main Rd., Molly Curtin-Schaefer (413) 243-1749 townhall@bcn.net
Council on Aging – 116 Main Rd.
School District- Lee Public Schools. www.leepublicschools.net (413) 243-0276
Town Hall- 116 Main Rd. Molly Curtin-Schaefer, Town Admin, (413) 243-1749 townhall@bcn.net
Library- Tyringham Free Library, 118 Main Rd. (413) 243-11749 x107
Police Station -116 Main Rd. (413) 243-1749 or **911 (Emergency)**
Public Health Nurse- SBPHC, Jill Sweet, (413) 717 7209, jill@tritownhealth.org
Fire Department- 100 Main Rd. Charles Slater, Chief (413) 243-0448 or **911 (Emergency)**
Veterans' Agent – Tom Beasley, (413) 528-1580, veteransagent@egremont-ma.gov

West Stockbridge: www.weststockbridge-ma.gov

Animal Control Officer- John Springstube, 413-232-7038, (NEED EMAIL)
Board of Health – Earl Moffatt (413)232-0300 x314 health@weststockbridge-ma.gov
Council on Aging – “Peggy” Elder Services (413) 499-0524
School District – Berkshire Hills Regional School District. www.bhrsd.org (413) 298-4017
Town Hall – 21 State Line Rd, West Stockbridge, (413) 232- 0300
Library – West Stockbridge Public Library, 21 State Line Rd. (413) 232-0300 x308
Police Station- 21 State Line Rd, (413) 232-8500 or **911 (Emergency)**
Public Health Nurse – Berkshire Public Health Alliance, alliancenurse@berkshireplanning.org
Fire Department – 24 Albany Rd, (413) 717-2751 firechief@stockbridge-ma.gov or **911 (Emergency)**
Veterans' Agent – Tom Beasley, (413) 528-1580, veteransagent@egremont-ma.gov

Food Resources

Berkshire Bounty:

Location: P. O. Box 1037 Great Barrington MA 01230.

Contact: 413-591-2239 info@berkshirebounty.org

Website: www.berkshirebounty.org/

Focus: Berkshire Bounty is a food rescue organization dedicated to collecting, purchasing and delivering nutritious food to emergency food distribution programs countywide.

Berkshire South Regional Community Center:

Location: 15 Crissey Road. Great Barrington, MA 01230

Contact: 413-528-2810 mamstead@berkshiresouth.org

Website: berkshiresouth.org

Meal Dates: berkshiresouth.org/community-adult/

Focus: Berkshire South offers free community suppers twice a month. In person dining only between 5pm and 6pm. Check website for dates. Meals are first come first served. Everyone is welcome

Community Health Programs:

Location: 442 Stockbridge Road, Great Barrington, MA 01230

Contact: 413-528-0457 info@chpberkshires.org

Website: chpberkshires.org/chp-nutrition/

Focus: CHP has food at their family services Monday through Friday 9am-4pm self-serve outside and pantry inside if needed. Mobile Food Bank first Tuesday of every month 11am-noon here at CHP Health Center in Great Barrington. Contact Family Services for additional food resources.

Elder Services Meals on Wheels:

Location: 73 South Church Street. Pittsfield, MA 01201

Contact: 413-499-0524 esbc@esbci.org

Website: www.esbci.org/services/nutrition-programs/

Focus: The Meals on Wheels program provides isolated and/or frail and/or homebound elders with a hot meal each weekday at noon. Sugar-free desserts and Lactaid milk are available. Cardiac, Renal, and Vegan nutritional meals are offered as well. There are no income guidelines, however there are frailty guidelines. The MOW driver provides a wellness check.

Elder Services Nutrition Programs:

Location: 73 South Church Street. Pittsfield, MA 01201

Contact: (413) 499-0524 esbc@esbci.org

Website: www.esbci.org/services/nutrition-programs

Focus: The Meals on Wheels program provides isolated and/or frail and/or homebound elders with a nutritious, hot meal each weekday at 12 pm. The Senior Meal Program provides a nutritious hot meal at 14 senior lunch sites at 12 pm. Seniors, 60 years and older, meet at a local meal site often located in a nearby senior center to eat and socialize.

Family Resource Center- Great Barrington:

Location: 141 West Avenue. Great Barrington

Contact: 413.528.0298 info@csoinc.org

Websites: www.csoinc.org/community-based-programs

www.frcma.org/locations/great-barrington-family-resource-center-0

For Meal Updates: shasta.bona@csoinc.org

Focus: CSO hosts monthly Family Meal Series as well as other resources on site.

Farmers Markets (Local):

Website: www.massfarmersmarkets.org/markets

Focus: Use this link above to search for Farmers Markets by town or county and choose a day of the week. In addition, you can also search by nutrition programs - for example to find markets that take HIP or have a SNAP match.

Food Bank of Western Massachusetts:

Contact: 413-247-9738

Website: www.foodbankwma.org/

Community Health Programs Dates: First Tuesday of every month at 444 Stockbridge Road. Gt Barrington, between 11am-12pm

Focus: The Food Bank of Western Massachusetts's Leadership Team can be contacted through the means listed below. If you have a general question or are not sure who to speak to, please use the Contact Form below or call and we will forward you to the best contact.

Guthrie Center: Meal Site:

Location: 2 Van Deusenville Road, Great Barrington, MA 01230

Contact: 413-528-1955 guthriecenter@gmail.com

Website: guthriecenter.org/

Link to meal information: guthriecenter.org/programs.html

Focus: Free Community Lunch: Held every Wednesday from 12PM to 1PM.

Healthy Incentives Program (HIP)

Contact: (800) 645-8333

Website: www.farmcommunitycollaborative.org/

Link to Application: dtafinder.dtadash.ehs.mass.gov/

Focus: HIP provides extra SNAP money for local produce. Depending on your family size, you can get an additional \$40-80 per month through HIP. Learn more about HIP on [DTA's website](#). Follow [these instructions](#) on how to use HIP at local locations.

Pandemic EBT (P-EBT):

Contact: Summer EBT hotline at 855-425-8770

Website: dtacconnect.eohhs.mass.gov/pebt

Link to Application: www.mass.gov/info-details/pandemic-ebt-p-ebt

Focus: Through the Pandemic EBT, all school-aged children that qualify for free and reduced-cost school lunch will receive additional dollars to spend on nutritious foods. If you are enrolled in SNAP, P-EBT will be loaded onto your SNAP EBT card. If you are not enrolled in SNAP, you will receive a separate P-EBT card. Your child will receive this benefit whether they are learning remotely or hybrid. Benefits are distributed in July.

Senior Farmers' Market Nutrition Program (FMNP):

Contact: (703) 305-2281 AskUSDA@usda.gov

Website: www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program

Focus: The Senior Farmers' Market Nutrition Program provides eligible elders (60+) with coupons for produce redeemable at farmers' markets. Coupons are available from early summer through October each year; they are distributed through your local Council on Aging.

School District Food Programs

Berkshire Hills Regional School District (BHRSD) www.bhrsd.org

Location: 50 Main Street. Stockbridge, MA 01262

Contact: Kathy Sullivan 413-644-2300 kathy.sullivan@bhrsd.org

Farmington River Regional School District (FRRSD) www.frrsd.org

Location: 555 North Main Road, P.O. Box 679, Otis, MA 01253. 413-269-4466

Contact: Sarah Hopkins 413-269-4466 extension 142 shopkins@frrsd.org

Lee Public Schools (LPS) www.leepublicschools.net

Location: 300A Greylock Street, Lee MA 01238

Contact: Shannon Gagliardo 413-243-0276 sgagliardo@leepublicschools.net

Lenox Memorial Middle & High School (LMMHS) www.lenoxps.org

Location: 6 Walker Street. Lenox, MA 01240

Contact: Lorraine Goodfellow 413-637-5550 support@myschoolbucks.com

Southern Berkshire Regional School District (SBRSD) www.sbrsd.org

Location: 491 Berkshire School Rd. Sheffield, MA 01257. 413-229-8754

Contact: Sarah Jonston sjohnston@sbrsd.org 413-229-8754 extension 387

South County Food Pantry/Meal List by Town

Great Barrington:

- **Berkshire South Regional Community Center** - 15 Crissey Road Gt. Barrington - 413-528-2810 -Check monthly schedule here www.berkshiresouth.org
- **CHP Family Services:** 442 Stockbridge Road Gt. Barrington 413-528-0457 Mondays – Fridays 9:00am – 4:00pm No eligibility required. <https://chpberkshires.org/family/food-for-all/>
- **Guthrie Center** 2 Van Deusenville Road - Gt. Barrington - 413-528-1955 - Wednesdays - Free Community Lunch 12:00pm – 1:00pm and a free legal clinic. <https://guthriecenter.org/programs.html>
- **Peoples Pantry 5 Taconic Ave. at St. James Place:** Across from CVS Gt. Barrington Mon. 4:00pm – 5:30pm Thurs. 10:00am – 12:30pm South County residents only, www.thepeoplespantrygb.org

Lee: Grace Food Pantry, 130 Housatonic Street, Lee, Ma Open Saturdays 10am-12pm 413-644-0022 – Serves residents of Lee and surrounding towns, including Stockbridge, Tyringham, Lenox Dale and Becket. <https://graceberkshires.org/lee-food-pantry/>

Lenox: Lenox Ecumenical Food Pantry, United Methodist Church of Lenox, 6 Holmes Rd, Lenox Open Every other Saturday 10am -11am 413- 445-5918. – Serves Lenox and Lenox Dale Residents and members of Lenox and Lenox Dale churches. <https://www.avtriparish.org/lenox-ecumenical-food-pantry>

Monterey: Monterey Pantry, Pickup Held at the Monterey Meetinghouse - 449 Main Rd., Monterey (In the basement) Saturdays 10:00am – 11:30am - Deliveries available for Monterey homebound individuals. Monterey area residents can do in-person shopping - Serves residents of Monterey, Sandisfield, and New Marlborough. 413-429-4254, montereypantry@gmail.com <https://www.avtriparish.org/lenox-ecumenical-food-pantry>

New Marlborough: Monterey Pantry, Pickup Held at the Monterey Meetinghouse - 449 Main Rd., Monterey (In the basement) Saturdays 10:00am – 11:30am - Deliveries available for Monterey homebound individuals. Monterey area residents can do in-person shopping - Serves residents of Monterey, Sandisfield, and New Marlborough. 413-429-4254, montereypantry@gmail.com <https://www.avtriparish.org/lenox-ecumenical-food-pantry>

Otis: Otis Food Pantry - 1 North Main Road, Otis. - otisfoodpantry@gmail.com - Wednesdays 9:00am – 11:00am - No residency restrictions

Sandisfield: Monterey Pantry - Pickup Held at the Monterey Meetinghouse - 449 Main Rd., Monterey (In the basement) Saturdays 10:00am – 11:30am - Deliveries available for Monterey homebound individuals. Monterey area residents can do in-person shopping - Serves residents of Monterey, Sandisfield, and New Marlborough. 413-429-4254, montereypantry@gmail.com <https://www.avptriparish.org/lenox-ecumenical-food-pantry>

Sheffield: Sheffield Food Assistance Held at Old Parish Church - 125 Main Street, Sheffield, Mondays 9:00am – 10:00am – Open to anyone living in the Southern Berkshire Regional School District. Phone Contact: 413-229-8173

South County Meal Sites

Berkshire South Regional Community Center: 15 Crissey Rd. Gt. Barrington - 413-528-2810 - Meals are first come first served. Everyone is welcome.

Guthrie Center: 2 Van Deusenville Rd. Gt. Barrington 413-528-1955 - Wed. Free Community Lunch Noon – 1:00pm

Breaking Bread Community Supper: Held at the American Legion Corner of Cook Rd. & Rt. 7, Sheffield 413-229-8614 Thurs. 5:00pm – Grab & go dinners Call for a reservation 413-229-7037. Free to all.

Sheffield Senior Center: 25 Cook Rd. Sheffield - 413-229-7037 Soup & Sandwich Lunch - Mon. 11:30am Free from the Sheffield Senior Center - Wed. & Fri. Meals served at Noon Provided through Elder Services - For residents 60+ \$3 suggested - Donation If under 60, price is \$8 - 1st & 3rd Wed. - Free to veterans.

Supplemental Nutrition Assistance Program (SNAP)

Contact: (877) 382-2363

Website: www.mass.gov/snap-benefits-formerly-food-stamps

Link to Application: dtaconnect.eohhs.mass.gov/apply

Focus: SNAP (formerly known as food stamps) provides nutritious food to eligible individuals and families through SNAP retailers (grocery stores, some convenience stores, farmers' markets). At least one household member must be a US citizen (children count).

Women, Infants, and Children Nutrition Program (WIC):

Location: CHP Family Services. 442 Stockbridge Road. Great Barrington, MA 01230

Contact: 413-528-0457 wic@chpberkshires.org

State Website: www.mass.gov/orgs/women-infants-children-nutrition-program

CHP Website: chpberkshires.org/family/wic-berkshire-south/

Focus: WIC is a free nutrition program that provides healthy foods, nutrition education, breastfeeding support, and referrals to healthcare and other services to all families who qualify, including women who are pregnant and children under 5.

Housing Resources

Alternative Housing Voucher Program (AHVP)

Website: www.mass.gov/how-to/apply-for-the-alternative-housing-voucher-program-ahvp

Application Link (CHAMP): publichousingapplication.ocd.state.ma.us/

Focus: The AHVP program is designed to help people with disabilities live independently in housing they choose through mobile (tenant-based) rental vouchers. The voucher is for 1-bedroom units. You will contribute 25-30% of your monthly income toward rent, depending on if utilities are included in the rent. The local housing agency pays your landlord the rest of the rent

Berkshire County Regional Housing Authority: See Upside 413

Berkshire Housing Development Corporation: See Hearthway, Inc.

Central Berkshire Habitat for Humanity:

Location: 314 Columbus Ave, Pittsfield, MA 01201

Contact: (413) 442-3181 berkshirehabitat.org/about-us/contact-us/

Website: berkshirehabitat.org/

Focus: Habitat welcomes people from all walks of life to partner in serving and creating a better community for everyone who lives here. To develop and manage affordable and accessible housing options for qualified residents. Programs include Emergency Relief Fund, Neighborhood Revitalization and Home preservation.

Campgrounds in South County:

- **Bear Town Park** 69 Blue Hill Road, Monterey, MA 01245 www.mass.gov/locations/bear-town-state-forest
- **Lone Oak Campsites** 360 Norfolk Rd East, East Canaan, CT 06024 www.loneoakcampsites.com/
- **Camp Overflow** 700 Tolland Rd, East Otis, MA 01029 campoverflow.com/

Common Housing Application for Massachusetts Programs (CHAMP):

Website: publichousingapplication.ocd.state.ma.us/

Application Online Link: publichousingapplication.ocd.state.ma.us/

Application Paper Link: www.mass.gov/doc/champ-application-form-english/download

Focus: This will give you a list of affordable housing for Western Massachusetts. You can choose what towns you are willing to live in. Applications can be filled out online or on paper. For more information contact your local Housing Authority.

Construct Inc.

Location: 316A State Rd, Great Barrington, MA 01230

Contact: 413 - 528-1985 office@constructberkshire.org

Website: constructberkshires.org/

Application Link: constructberkshires.org/applications-and-contact-info/

Focus: Construct helps individuals and families rebuild their lives and sustain their livelihoods. They provide affordable housing solutions, rental assistance, and access to other support services. Construct also has a family shelter.

Elizabeth Freeman Center - Great Barrington Office

Location: 168 Main St Ste 4, Great Barrington, Ma 01230 (Suite 4 is in the back of the H&R Block building)

Contact: 413-429-8190 info@elizabethfreemancenter.org

Website: elizabethfreemancenter.org/contact-us/

Focus: EFC services are free, confidential, and available in any language. 24/7 Hotline – a toll-free hotline, (866) 401-2425, Emergency services – including shelter, food, transportation and safe phones, to help you get and stay safe. Emergency shelter – we have a secure, home-like shelter, and if our shelter is full, we will find you emergency shelter until we can develop an appropriate plan.

Emergency Housing Assistance

Contact: (866) 584-0653

Location: Offices across the state www.mass.gov/how-to/apply-for-emergency-assistance-ea-family-shelter

Website: www.mass.gov/emergency-housing-assistance

List of all shelters by town: hedfuel.azurewebsites.net/iShelters.aspx

Focus: Massachusetts individuals and families seeking emergency housing will find shelter programs and related services here. EHA can be helpful when trying to establish the urgency you are facing.

Hearthway, Inc. (formerly known as the Berkshire Housing Development Corporation)

Location: One Fenn Street. 3rd Floor. Pittsfield, MA 01201

Contact: 413 - 499-1630 info@hearthway.org

Fax: (413) 496-9831

Website: hearthway.org/

Housing Resources Link: hearthway.org/housing-search-resources/

Application Link: hearthway.org/hcec-intake-form/

Focus: Hearthway's mission is to find housing solutions for all people across the communities of Berkshire County. Berkshire Hearthway Oversees: 57 Main Street, Lee, Bentley Apartments, Gt. Barrington, Christian Hill Commons, Gt. Barrington, Windrush Commons, Gt. Barrington

HomeBASE:

Location: Offices across the state – link to contacts is www.mass.gov/how-to/apply-for-emergency-assistance-ea-family-shelter

Contact: (866) 584-0653

Website: www.mass.gov/service-details/homebase

Focus: HomeBASE helps families who have been found eligible for Emergency Assistance (EA) Family Shelter by providing funding over a 2-year period, with the possibility of a 3rd year of help. If your family is found eligible for the Emergency Assistance (EA) Family Shelter program, you may be invited to apply.

Housing Authority Websites and Phone Numbers:

Great Barrington Housing Authority: <https://www.townofgb.org/housing-authority> 413 274 1142

Lee Housing Authority: <https://leehousingauthority.org/> 413 243-3454

Lenox Housing Authority: <https://lenoxhousingauthority.com> (413) 637-5585

Pittsfield Housing Authority: <https://pittsfieldhousing.org/> (413) 443- 5936

Stockbridge Housing Authority: <https://www.stockbridgeha.com/> (413) 298 3222

Application used for Housing Authorities: (CHAMP Application): <https://publichousingapplication.oed.state.ma.us/>

Housing Navigator Massachusetts:

Contact Link: housingnavigatorma.org/contact-us/

Website: search.housingnavigatorma.org/

Focus: Housing Navigator MA is a Massachusetts-based 501(c)(3) that addresses a glaring digital divide around one of the most important choices we make – where to live. This website also has an App compatible with all phones.

Residential Assistance for Families in Transition (RAFT):

Location: 1 Fenn St., 3rd floor Pittsfield, MA 01201

Contact: (413) 499-1630 x168 info@hearthway.org

Website: applyhousinghelp.mass.gov/s/?language=en_US&LanguageCode=en_US

Application Link: applyhousinghelp.mass.gov/s/user-registration?language=en_US&LanguageCode=en_US

Focus: RAFT provides up to \$7,000 per 12-month period so your family can stay in your current home or move to a new one. You may use the money for rent, utilities, moving costs, and mortgage payments.

Section 8 Housing Choice Voucher Program (HCVP):

Website: www.mass.gov/how-to/apply-for-the-massachusetts-rental-voucher-program-mrvp

Application Link: publichousingapplication.ocd.state.ma.us/

Focus: The housing choice voucher program is the federal government's major program for assisting very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market. Since housing assistance is provided on behalf of the family or individual, participants can find their own housing, including single-family homes, townhouses and apartments.

Shoppers Guide:

Location: 271 Main St, Great Barrington, MA 01230

Contact: (413) 528-0095

Website: shoppersguideinc.com/

Focus: The Shoppers Guide is a local newspaper that has pages on real estate and apartment listings.

ServiceNet Shelter for Adults- Homeless Shelter:

Location: 21 Pearl Street in Pittsfield, MA 01201

Contact: (413) 320-6550 info@servicenet.org

Website: www.servicenet.org/services/shelter-and-housing/

Focus: ServiceNet year-round shelter for adults provides housing, meals, showers, toiletries, and clothing for individuals experiencing homelessness. The family shelter located in Berkshire County includes Our Friends House in Pittsfield.

Supporting Neighborhood Opportunity in Massachusetts (SNO Mass) Program:

Location: Berkshire Housing Development Corporation (serves Berkshire County)

Contact: 413-344-4822 SNOMass@Berkshirehousing.com

Website: www.mass.gov/info-details/supporting-neighborhood-opportunity-in-massachusetts-sno-mass-program#

Focus: To apply for the relocation program, you must have a voucher for one year. The Supporting Neighborhood Opportunity in Massachusetts (or “SNO Mass”) Program supports DHCD Housing Choice Voucher families with school-aged children making moves to communities with high-quality schools, parks and open space, and healthy, safe environments. On this page, DHCD voucher holders and property owners can learn how to participate in this program.

Upside 413 (formerly known as the Berkshire County Regional Housing Authority):

Location: Berkshire County Office. 1 Fenn Street, 4th Floor. Pittsfield, MA 01201

Contact: (413) 443-7138 Fax: (413) 443-8137 tanajahc@upside413.org

Website: upside413.org/

Application Link: hearthway.org/hcec-intake-form/

Focus: UpSide413 promotes household, housing, and community stability through a continuum of interrelated service options.

Additional Housing Search Websites:

- **Berkshire Property Managers:** [Home, Apartment and Commercial Vacancies in Pittsfield, MA \(berkshirepropertymanagers.com\)](http://Home.ApartmentandCommercialVacanciesinPittsfield.MA(berkshirepropertymanagers.com))
- **Facebook:** Community Boards (Each town has one)
- **Zillow Rentals:** www.zillow.com/homes/for_rent/
- **Hot Pads:** hotpads.com/great-barrington-ma/apartments-for-rent
- **Greylock Realty:** www.greylockrealty.com/
- **Cavalier Holdings:** cav-mgt.com
- **Rental Housing Association of Berkshire County:** rhabc.com/
- **Trulia:** www.trulia.com/
- **Affordable Housing:** www.affordablehousing.com/
- **Leading Edge Property Management :** www.propertymanagement-rentals.com/berkshire-rentals/
- **Housing Toolbox:** www.housingtoolbox.org/

Mental Health Resources

Austen Riggs Center:

Location: 25 Main St, Stockbridge, MA 01262

Contact: 800-517-4447 info@austenriggs.net

Website: www.austenriggs.org/

Insurance Accepted: None

Focus: Riggs is an open, voluntary residential treatment center specializing in longer-term treatment for diagnostically complex adults. Patients have individual, four times/week psychodynamic psychotherapy sessions with a doctoral level clinician along with support and counseling from a consistent interdisciplinary team. Riggs helps patients take charge of their lives when other psychiatric treatments have not worked. Riggs also has an Online Intensive Outpatient Program for college students and emerging adults (18 - 30) in MA.

Berkshire Coalition for Suicide Prevention (BCSP):

Location: PO Box 472, Pittsfield, MA 01202

Contact: info@berkshirecoalition.org

Website: www.berkshirecoalition.org/

Insurance Accepted: None

Focus: The Berkshire Coalition for Suicide Prevention (BCSP) is a grassroots 501c3 non-profit organization dedicated to providing suicide prevention resources, loss and healing programs, professional training, advocacy efforts and hope to our local community.

Berkshire County ARC:

Location: 395 South St #6803, Pittsfield, MA 01201

Contact: (413) 499-4241 bcarc@bcarc.org

Website: bcarc.org/

Insurance Accepted: Medicaid/Berkshire Fallon, Medicare, and Private/Commercial Insurance

Focus: Serving children and adults with intellectual and developmental disabilities, Autism, and brain injuries, and individuals who need assistance with daily living.

Berkshire Psychotherapy Network:

Online Search Database

Website: berkshirepsychotherapynetwork.org/

The Brien Center:

Location: 60 Cottage Street. Great Barrington

Contact: (413) 499-0412 + 24-Hour Crisis Hotline 1-800-252-0227

Main Website: www.briencenter.org/

For a list of all locations: www.briencenter.org/contact/locations/

Community Behavioral Health Center (CBHC) Information: 800-242-0227 cbcmanagement@briencenter.org

Adolescent Services: www.briencenter.org/what-we-do/children-adolescents/

Adult and Family Services: www.briencenter.org/what-we-do/adult-family-services/

Community Services: www.briencenter.org/what-we-do/community-services/

Behavioral Health Community Partners: www.briencenter.org/what-we-do/adult-family-services/community-partners/

Insurance Accepted: Medicaid/Berkshire Fallon, Medicare, and Private/Commercial Insurance

Focus: The Brien Center's Programs and Services are "Community Based" With 25 locations throughout Berkshire County, treatment and services are conveniently available to all Berkshire County residents. Outpatient Treatment Services include Individual therapy, Family therapy, Group therapy, Psychopharmacology evaluations and medication management and psychological testing.

The Center for Motivation and Change (CMC):

Location: 100 Stone Manor Dr. New Marlborough, MA 01230

Contact: (866) 859-1156 motivationandchange.com/contact-us/

Website: motivationandchange.com/

Insurance Accepted: None

Focus: CMC offers Outpatient Treatment, Residential Treatment, Trauma Treatment, Adolescent Treatment and Telehealth Services.

Clinical Support Options (CSO):

Location: 877 South St Suite 200, Pittsfield, MA 01201

Contact: (413) 528-0298 info@csoinc.org

Website: <https://www.csoinc.org/community-based-programs>

Insurance Accepted: Medicaid/Berkshire Fallon, Medicare, and Private/Commercial Insurance

Focus: CSO, also known as the Family Resource Center in Great Barrington, has outreach to the South and North County regions, care navigators, and other support.

Collaborative Endeavors, LLC:

Location: 114 Housatonic St. Lee, Massachusetts 01238

Contact: (413) 225-1716 Jennifer@collaborativeendeavorsllc.com

Website: www.collaborativeendeavorsllc.com/

Insurance Accepted: Medicaid/Berkshire Fallon, Medicare, and Private/Commercial Insurance

Focus: Specialties/Treatment Orientations Include: Trauma-informed; Polyvagal Informed; Individual-Centered Attachment-Centered; Young adult/transitional age issues; Harm-Reduction approaches to entrenched habits; groups; family work; LGBTQUIA+; Professional Supervision and Consultation.

Commonwealth Collaborative:

Location: 405 Stockbridge Rd, Great Barrington, MA 01230

Contact: (413) 327-9424 info@commoncollab.com

Website: www.commoncollab.com/?utm_campaign=gmb

Insurance Accepted: Medicaid/Berkshire Fallon and Private/Commercial Insurance

Focus: The clinical program begins with physical, emotional safety and building a sober community. Services include Trauma-Informed Care, Repairing Family Systems, Developing Life Skills, Creating Strong Boundaries, Cultivating Responsibility and Accountability, and Participating in Service Work. They offer a PHP program that offers up to 5 days per week of group therapy for 5 hours per day. They also have an IOP program that operates 3 days per week with 3 hours per group therapy session.

Community Health Program (CHP):

Location: 442 Stockbridge Rd, Great Barrington, MA 01230

Contact: (413) 528-9311

Website: <https://chpberkshires.org/>

Insurance Accepted: Medicaid/Berkshire Fallon and Private/Commercial Insurance

Focus: CHP Behavioral Health is incorporated into their primary care services for adults and children. CHP Behavioral Health professional for short-term counseling services. You may request services through your primary care physician.

Department of Mental Health Services (DMH):

Location: 1 Prince Street, Northampton, MA 01060

Contact: Western Mass Area Office (413) 587-6200 **Fax:** (413) 587-6203

Website: www.mass.gov/info-details/department-of-mental-health-dmh

Link to Application: www.mass.gov/doc/dmh-childadolescent-services-application-english/download

[Open PDF file, 880.76 KB, DMH Child/Adolescent Services Application - English](#)

[Open DOC file, 736.5 KB, DMH Child/Adolescent Services Application - Spanish](#)

Insurance Accepted: Medicaid/Berkshire Fallon, Medicare, and Private/Commercial Insurance

Focus: DMH Services include youth support groups, therapeutic day services, family systems interventions, residential treatment programs, continuing care inpatient services and Department of Children and Family support. DMH provides services to adults with mental health needs. DMH also serves children and youth who are 18 and younger. DMH serves children and youth with the following mental health conditions of Schizophrenia and other psychotic disorders, Mood disorders, Anxiety disorders, Dissociative disorders, Eating disorders, Borderline personality disorder, Attention Deficit/Hyperactivity disorder.

Ellie Mental Health:

Location: 66 West Street. Suite 4E. Pittsfield, MA 01201

Contact: (413) 343-4264 ellieMA15201@elliementalhealth.com

Website: elliementalhealth.com/locations/pittsfield-berkshire-ma/

Insurance Accepted: Medicaid/Berkshire Fallon, Medicare, and Private/Commercial Insurance

Focus: Ellie offers a wide selection of mental health therapy services for all ages across our local clinic network. The insurance currently accepted are Aetna, Blue Cross Blue Shield, Optum, and United Health Care.

Family Resource Center- Great Barrington:

Location: 141 West Avenue. Great Barrington

Contact: (413) 528.0298 gbfrc@csoinc.org

Website: www.csoinc.org/community-based-programs

Insurance Accepted: Medicaid/Berkshire Fallon, Medicare, and Private/Commercial Insurance

Focus: CSO offers outpatient groups, community events, wellness activities, and healing arts happenings throughout Western MA.

Gould Farm:

Location: 100 Gould Rd, Monterey, MA 01245

Contact: (413) 528-1804 info@gouldfarm.org

Website: www.gouldfarm.org/

Insurance Accepted: None

Focus: Gould Farm services include Clinical services and support. A structured work program with varied activities on the farm and transitional services in Western Massachusetts and the Boston area.

Help Lines:

- **Brien Center 24/7 Crises Line** 800-252-0227, 413-4990412 www.briencenter.org
- **Brave.coop (Mobile App)** 833-833-2100 www.brave.coop/
- **MA Substance Use Helpline** 800-327-5050 www.helplinema.org
- **Suicide Prevention Lifeline** 800-273-8255, or text 988

Massachusetts Behavioral Health Access (MABHA):

Online Search Database: www.mabhaccess.com/Home.aspx

Massachusetts Behavioral Health Help Line:

Contact: 833-773-2445 MAProviderDatabase@elevancehealth.com

Website: masshelpline.com

Insurance Accepted: Medicaid/Berkshire Fallon, Medicare, and Private/Commercial Insurance

Focus: The MA Behavioral Health Help Line (BHHL) connects you directly to clinical help, when and where you need it. It's free, confidential, and no health insurance is required. Real-time interpretation available. Deaf or hard of hearing? Contact MassRelay at 711.

NASW Therapy Matcher:

Online Search Database Website: www.naswma.org/page/therapymatcher

National Alliance on Mental Illness (NAMI):

Location: 141 North St Suite 301, Pittsfield, MA 01201

Contact: (413) 443-1666 namibc@namibc.org

Website: namibc.org/

Insurance Accepted: None/Programs are free.

Focus: NAMI in Berkshire County offers understanding to anyone concerned about mental illnesses and the treatment of mental illness. They also offer support, education and advocacy.

Pittsfield Therapy -The Berryman Professional Building:

Website: www.pittsfieldtherapist.com/

Insurance Accepted: Medicaid/Berkshire Fallon, Medicare, and Private/Commercial Insurance

Psychology Today:

Online Search Database: www.psychologytoday.com

Railroad Youth Street Project (RYSYP):

Location: Memorial Park, 60 Bridge St, Great Barrington, MA 01230

Contact: (413) 528-2475 info@rsyp.org

Website: www.rsyp.org

Insurance Accepted: None/Programs are free.

Focus: RSYYP services include group and 1-to-1 mentoring, clubs, groups, advocacy and support, as well as a Drop In Center stocked with food, video games, and community resources, all intended for young people ages 14-25.

ServiceNet Inc. Pittsfield Outpatient Clinic:

Location: 141 North St #139, Pittsfield, MA 01201

Contact: (413) 585-1300 info@servicenet.org Fax: (413) 585-1355

Website: www.servicenet.org

Insurance Accepted: Medicaid/Berkshire Fallon, Medicare, and Private/Commercial Insurance

Focus: ServiceNet is a non-profit human service agency that provides essential services to people living with mental health challenges, developmental delays or disability, brain injury, homelessness, and other challenges.

South County Recovery Center:

Location: 67 State Road Great Barrington, MA

Contact : (413) 645-3564 help@rural-recovery.org

Website: www.ruralrecovery.org

Insurance Accepted: None/Programs are free.

Focus: Rural Recovery's mission is to engage, assist, refer, educate, and empower people who are affected in any way by substance use.

Spectrum Health Systems, Inc:

Location: 290 Park St, Great Barrington, MA 01230

Contact: (413) 347-4647 info@spectrumsys.org

Website: www.spectrumhealthsystems.org/

Insurance Accepted: Medicaid/Berkshire Fallon, Medicare, and Private/Commercial Insurance

Focus: Services include medication for substance use disorders and outpatient counseling. Spectrum's outpatient treatment centers provide a range of individual, group and family counseling services to adults with substance use and/or mental health disorders at various stages of recovery.

Therapy Matcher:

Online Search Database: therapymatcher.org/

Volunteers in Medicine (ViM):

Location: 777 Main Street. Great Barrington, MA 01230

Contact: (413) 528-4014 info@vimberkshires.org

Website: www.vimberkshires.org/

Insurance Accepted: Program is for people who are ineligible for insurance.

Focus: ViM provides free health care to those in the region who are income-qualified and ineligible for health insurance. While our clinical team addresses patients' medical and dental needs, our Community Health Workers address any social, legal, or economic needs—including food security, housing, employment, and childcare—and create solutions, often with the help of community partners

Additional Mental Health Resources

- **Berkshire County Crisis Team (Brien Center):** 413-499-0412 (24 hours per day, seven days per week)
- **National Suicide Prevention Hotline:** 988 (24 hours per day, seven days per week)
- **Call2Talk:** 508-532-2255
- **Suicide Prevention Lifeline:** 988 (24 hours per day, seven days per week)
- **Samaritans Statewide 24-hour helpline:** 1-617-247-0220
- **Text a Crisis Counselor:** 741741
- **Trevor Help Line for LGBT:** 1-866-488-7386 Text: “start” to 678678
- **Veterans Crisis Line (Call or Text):** 988 - Press 1
- **6 Free Rehab Centers In Massachusetts:** www.addictionresource.net/free-rehab-centers/massachusetts/
- **Trans Helpline Call:** (877) 565-8860
- **Asian LifeNet.** Available in Cantonese, Mandarin, Japanese, Korean, and Fujianese. Call: (877) 990-8585
- **Call Blackline:** (800) 604-5482
- **Physician Support Line. Call:** (888) 409-0141
- **Community First Therapy and Consulting, LLC:** www.communityfirsttc.org/
- **Colleen Passetto, LICSW:** www.colleenpassettolicsw.com/

Special Needs Resources

Adlib Center for Independent Living:

Location: 215 North Street. Pittsfield, MA 01201

Contact: (413) 442-7047 info@adlibcil.org

Website: www.adlibcil.org/services/

Focus: Adlib's focus is to empower people with all types of disabilities to live more independently and have control of their own lives. Services include Information and Referral, Advocacy, Peer Counseling, Skills Training, Transition Skills, Personal Care Attendant services and Specialized Services.

Autism Connections of Berkshire County:

Location: 75 South Church Street. Suite 402. Pittsfield, MA 01301

Contact: (413) 443-4780 autismconnections@pathlightgroup.org

Website: autismconnectionsma.org/

Focus: Autism Connections provide information, resources, and practical help for children, teens and adults with autism, as well as their families, caretakers, friends and professionals.

Community Access to the Arts (CATA):

Location: 420 Stockbridge Rd Suite 2, Great Barrington, MA 01230

Contact: (413) 528-5485 Kara@CATAarts.org

Website: cataarts.org/

Focus: CATA in collaboration with Families Like Ours hosts a monthly series of free Art and Tea parties to help parents of young children with disabilities decrease isolation. Through dynamic arts workshops in painting, dance, theater, singing, drumming, juggling, yoga, creative writing, and more, CATA artists tap into their potential, explore new talents, and share their unique points of view.

CharmMedical:

Location: 33 Riverside Drive. Pembroke, MA 02359

Contact: (781) 829-9813 support@charmmedical.com

Website: www.charmmedical.com/

Focus: Charm Medical Supply has worked closely with patients, caregivers and physicians to make it easy for patients to receive the medical supplies that they need. This would include diapers and pull-ups needed.

Berkshire County Arc (BCARC):

Location: 395 South Street. Pittsfield MA 01201

Contact: (413) 499-4241 bcarc@bcarc.org

Website: bcarc.org/

Contact for Intake: 413-499-4241 ext. 255

Focus: Serving children and adults with intellectual and developmental disabilities, Autism, and brain injuries, and individuals who need assistance with daily living.

Berkshire Family and Individual Resources (BFair):

Location: 771 South Church Street. North Adams, MA 01247

Contact: (413) 664.9382 info@bfair.org

Website: www.bfair.org/

Services Brochure: irp.cdn-website.com/cd40d7a5/files/uploaded/BFAIR%20Services%20Overview_vFIN.pdf

Focus: BFair services include support and direct care for people with cognitive disabilities, autism and acquired brain injuries.

Berkshire Nursing Families:

Location: 71 Hospital Ave, North Adams, MA 01247

Contact: (413) 344-2800 info@berkshirenursingfamilies.org

Website: <http://www.berkshirenursingfamilies.org/>

Focus: BNF is committed to enhancing the life-long health of our community through the promotion and support of breastfeeding and positive parenting for families throughout all of Berkshire County who are pregnant, postpartum, or parenting infants.

Catastrophic Illness in Children Relief Fund (CICRF):

Location: Virtual Office

Contact : 617-624-5951 CICRF.DPH@mass.gov

Website: www.mass.gov/info-details/check-eligibility-for-cicrf

Application link: www.mass.gov/how-to/apply-to-cicrf

Focus: CICRF provides financial relief to eligible Massachusetts families caring for children and youth under 22 years of age with medically related expenses that are not covered by insurance, federal or state assistance, fundraising, or other financial source.

Department of Disabilities (DDS):

Location: 333 East Street Pittsfield, MA 01201

Contact: (413) 447-7381 DDSIInfo@mass.gov

Website: www.mass.gov/orgs/department-of-developmental-services#:~:text=The%20Department%20of%20Developmental%20Services

DDS Eligibility Applications: www.mass.gov/lists/dds-eligibility-forms

Autism Waiver Program: www.mass.gov/lists/dds-autism-waiver-service-program-awp-open-interest-period-2024

Focus: The Department of Developmental Services (DDS) provides support to children and adults with intellectual and developmental disabilities including autism spectrum disorder across the Commonwealth. The agency's mission is to create innovative and genuine opportunities for these individuals to participate fully in, and contribute meaningfully to, their communities as valued members.

Families Like Ours (FLO):

Location: 140 West Avenue. Suite A7 Great Barrington, MA 01230

Contact: (413) 854-3971 Rania@familieslikeoursinc.com

Website: familieslikeoursinc.com/

Focus: Families Like Ours focus on special needs families and the daily challenges they face. Their goal is to help families gain access to all community resources available to them and to decrease isolation all while bringing families together.

Federation for Children with Special Needs:

Location: The Schrafft Center. 529 Main Street, Suite 1M3. Boston, MA 02129

Contact: (617) 236-7210 info@fcsn.org

Website: fcsn.org/

Focus: The Federation has multiple initiatives to support, educate, and empower families and professionals around the education, health and community needs of children. These programs promote family engagement in all communities throughout Massachusetts. Our language line and Outreach team can help families requiring language assistance.

Learning Solutions:

Location: 90 Conz St, Suite 101 Northampton MA

Contact: (413) 584-0265 learningsolutions@learningsolutionsls.com

Website: <http://learningsolutionsls.com/>

Referral Form: docs.google.com/forms/d/e/1FAIpQLSfOGciKgN9ifkRuZ7rHrCEanFdGRkCC3pPAkl3Wl9J7qyF9UA/viewform

Focus: Services include an integrative and collaborative approach to the assessment and treatment of psychological, learning, and language needs across the lifespan.

Mental Health Legal Advisors Committee (MHLAC):

Location: 100 Hancock Street, Suite 1002, Quincy, MA

Contact : (800) 342-9092 (413) 338-2345 mhlac@mhlac.org

Website: mhlac.org/

Focus: MHLAC provides legal and policy advocacy for people with mental health challenges throughout the Commonwealth of Massachusetts.

Palliative Care of the Berkshires:

Location: 877 South Street Suite 1W. Pittsfield, MA 01201

Contact: (413) 443-2994

Website: hcib.org/palliative-care-services/pediatric-palliative-care/

Referral Contact: hcib.org/contact/

Brochure: hcib.org/wp-content/uploads/sites/24/2019/09/HospiceCare-in-The-Berkshires-Pediatric-Palliative-Care-Brochure.pdf

Focus: Palliative care optimizes quality of life through expertise in pain and symptom management and guidance in medical decision-making for people living with serious illnesses.

Pathlight: (See ServiceNet)**Pediatric Developmental Center:**

Location: 924 South Main Street. Great Barrington, MA 01230

Contact: (413) 717-4083 info@pdcberkshire.org

Website: pediatricdevelopmentcenter.org/

Focus: PDC provides services for children who are given a diagnosis that may affect their development, medically fragile, developmentally delayed in motor, cognitive, and/or speech/language areas, demonstrating behavioral concerns, at-risk for developmental delays.

ServiceNet (Formerly known as Pathlight):

Location: 75 S Church Street, 402 Pittsfield, MA 01201

Contact: (413) 443-4780 info@pathlightgroup.org

Website: www.pathlightgroup.org/

Focus: ServiceNet offers a broad range of services tailored to people with intellectual disabilities, developmental disabilities, autism, and their families. These include (but are not limited to) residential programs, performing arts, sex and relationship education, recreation and enrichment activities, behavioral supports and medical care.

Positive Behavioral Supports Corporation:

Location: Virtual Office

Contact: (413) 284-7155 atower@teampbs.com

Website: www.teampbs.com/

Request ABA Services: www.teampbs.com/ClientResourceCenter.aspx

Focus: PBS Corp serves children and adults with behavioral challenges. Typically, we support individuals who require assistance in developing or enhancing language skills and diminishing problem behaviors such as aggression and self-injury.

Southern Berkshire Public Health Collaborative (SBPHC):

Location: Stockbridge Town Hall Ground Floor, 50 Main Street, PO Box 307, Stockbridge, MA 01262

Contact: (413) 717-7207 jayne@tritownhealth.org or jill@tritownhealth.org

Website: www.southernberkshirehealth.com/

Focus: The SBPHC promotes health equity within their communities. Resources include childhood vaccinations by appointment, fall vaccination clinics, care seat inspection and installation, sharps disposal, wellness sessions, public health education and more.

Stanton Home:

Location: 205 N Plain Rd, Great Barrington, MA 01230

Contact: (413) 528-0506 info@stantonhome.org

Website: <https://www.stantonhome.org/>

Insurance Accepted: Medicaid/Berkshire Fallon, Medicare, and Private/Commercial Insurance

Focus: The programs are enriched by our large organic garden, culinary program, a 15-loom weavery, and various activities throughout the local community. Stanton Home provides life-long residences and daily program for people with intellectual and developmental disabilities.

United Cerebral Palsy of Western Mass:

Location: 208 West Street. Pittsfield, MA 01201

Contact: (413) 442-1562

Contact : ucpwma.org/contact/?program=atp

Website: ucpwma.org/

Focus: UCP offers free durable medical equipment, an assistive technology library to support children and adults with disabilities.

Additional Special Needs Resource Links:

- **Aging with Dignity** agingwithdignity.org/
- **Association of Developmental Disabilities Providers** www.addp.org/
- **Down Syndrome Resource Group of Western Massachusetts** www.downsyndromewm.org/
- **Home Care Alliance of Massachusetts** <http://www.thinkhomecare.org>
- **Massachusetts Commission for the Blind** www.mass.gov/orgs/massachusetts-commission-for-the-blind
- **Massachusetts Commission for Deaf & Hard of Hearing** www.mass.gov/locations/massachusetts-commission-for-the-deaf-and-hard-of-hearing-berkshire-massachusetts-regional-office
- **Massachusetts Rehabilitation Commission** www.mass.gov/orgs/massability
- **Multiple Sclerosis Support Foundation** www.mssupportfoundation.org/
- **Hospice and Palliative Care Federation of Massachusetts** www.hospicefed.org/
- **Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)** chadd.org/

Transportation Resources

Amtrak Train Service:

Location: 1 Columbus Avenue, Pittsfield, MA 01201

Contact: (800) 872-7245 www.amtrak.com/contact-us/email.html

Website: www.amtrak.com/home.html

Towns Served: Berkshire County

Notes: Amtrak train services allow you to travel throughout the state as needed. There are multiple stopping points within Berkshire County including Great Barrington, Pittsfield and North Adams. Rates vary.

Berkshire Journeys – Jason Canning:

Location: Pittsfield Based

Contact: (413) 726-8388 (Prefers Text) berkshirejourneys8@gmail.com

Website: berkshirejourneys.godaddysites.com/

Towns Served: Berkshire County, Northwest Connecticut, Eastern New York and Southern Vermont.

Notes: Rates vary on location. Transportation options include rides to Albany, Hudson, Pittsfield, Springfield, Wassauc, and more.

Berkshire Regional Transit Authority (BRTA):

Location: 1 Columbus Ave. Suite 201 Pittsfield, MA 01201

Contact: (413) 499-2782 x3, info@berkshirerta.com

Website: berkshirerta.com/

Charle Cards: berkshirerta.com/fares/charlie-card/

Towns Served: Berkshire County

Notes: Local Fares, Student 30-day, College year-round pass. Rates vary. ADA and non-ADA rides available.

First Class Chauffeur Service (Jonathan Peck):

Location: Sheffield Based

Contact: (413) 329-0666 details@yahoo.com

Website: www.facebook.com/jonathan.peck.716/

Towns Served: Berkshire County and TriState Area Berkshire County

Notes: Rates vary.

HappyCar Shuttle:

Location: 340 West Street. Pittsfield, MA 01201

Contact: (413) 623-4552 happycarshuttle@gmail.com

Website: happycarberkshirertrips.com/

Towns Served: Berkshire County + Plus. Rides To Airports, Trains, Buses, Ferries, Cruises, Event Venues, The Local Area, And More.

Notes: Rates vary. You may call or text the phone number above.

MassHealth PT1 Forms:

Location: Boston Based (Call your primary care physician to request this type of transportation).

Contact: 617-847-3427 hstinfo@mass.gov

Website: www.mass.gov/info-details/get-a-ride-to-masshealth-medical-appointments

Request Transportation: cp-gatra.qryde.com/cp/NemtBookRide.html

Towns Served: All of Massachusetts

Notes: This service is free to MassHealth Members. You can get transportation to MassHealth covered services, including medical, counseling, and day habilitation appointments. The Human Service Transportation Office (HST) manages non-emergency transportation for MassHealth Standard, MassHealth CommonHealth or MassHealth CarePlus members.

Peter Pan/Greyhound Bus Lines:

Location: 1 Columbus Avenue. Pittsfield, MA, 01201

Contact: (413) 499-2782 peterpanbus.com/request/

Website: peterpanbus.com/locations/massachusetts/pittsfield/

Rates: peterpanbus.com/travel-info/schedules/

Towns Served: All of Massachusetts

Notes: Rates vary

Soldier On Transportation for Veterans:

Location: One Columbus Avenue. Pittsfield, MA 01201

Contact: (413) 418-4300 info@wesoldieron.org

Website: veteranfamilyride.com/

Towns Served: Berkshire County

Notes: The BRTA has partnered with Soldier On to create the Veterans and Families Transportation Call Center. Funded by the U.S. Department of Transportation Federal Transit Administration, the Call Center will be staffed by Soldier On veterans to provide service to all Berkshire County veterans and their families. Rates vary

South County Connector (Formerly known as the TriTown Connector):

Location: Great Barrington Based

Contact: 413-591-3826 tcoleman@townofgb.org

Website: www.socoride.org

Towns Served: Egremont, Great Barrington, Monterey, Stockbridge, Sheffield and West Stockbridge

Notes: Limited service to Canaan, CT and (for seniors and persons with disabilities only) to Pittsfield and New Marlborough. Rides may be scheduled 24/7 via the TripShot App www.tritown.org/get-the-app or tritownconnector.tripshot.com/ Rates vary.

Town Transportation Services: Senior Residents

Alford: www.townofalford.org

Information: www.townofalford.org/council-aging/news/transportation-alford-seniors

Contact: Melanie Torrico at the Transportation Department at 528-0182 x 25 or transpdepart@egremont-ma.gov

Notes: Rides are available for medical appointments M-F. You need to give 48 hours' notice when arranging a ride. Rates vary.

Egremont: www.egremont-ma.gov

Transportation Information: www.egremont-ma.gov/194/Transportation-Department

Contact: Melanie Vicneire, transpdepart@egremont-ma.gov 413-528-01822 ext. 25 from 9:00am -2:30pm

Notes: Equipped to handle one wheelchair, seniors 55 years old and up and disabled residents from Egremont, Alford, and Mount Washington can book rides from Monday to Friday from 8am to 4pm. The van will operate within Southern Berkshire County and Pittsfield. Traveling to Great Barrington and surrounding towns will vary in pricing. Please give 48 hours' notice when arranging a ride.

Great Barrington: www.townofgb.org

Information : www.greatbarringtonseniors.org/transportation/

Contact: 413-528-1881 info@greatbarringtonseniors.org

Notes: South County Connector (Former known as Tri-Town Connector) is a local transit service providing low-cost door-to-door rides in the South County community. Rides can be booked by phone or with the **TripShot** rideshare smartphone app. Rides charges vary depending on pick-up and drop-off destination. <https://socoride.org/seniors>

Lee: www.lee.ma.us

413- 243-5500 rachael.armstrong@lee.ma.us

Notes: See link to BRTA Bus schedule berkshirerta.com/plan-your-trip/route-21-schedule-2/#outbound-weekday

Lenox: www.townoflenox.com

Information: 413-637-5500 ext. 1207 www.townoflenox.com/user/62/contact

Notes: See link to BRTA Bus schedule berkshirerta.com/?s=Lenox

Monterey: www.montereyma.gov

Information : www.montereyma.gov/council-aging/pages/elderly-transportation

Contact: (413) 528-1881 info@greatbarringtonseniors.org

Notes: (See South County Connector). Appointments must be made 48 hours in advance by calling the senior center. Please make a reservation each time you need a ride, we cannot guarantee standing reservations, and medical appointments are a priority. Please let us know as soon as possible if you cancelled the ride. Same Day Booking: If space and drivers are available you will be offered a ride. *Rates vary.* Round trip There is no charge to the accompanying spouse or caregiver. No person will be turned away for a ride if they cannot afford the fare. <https://socoride.org/seniors>

Mount Washington: www.mountwashington-ma.gov

Transportation Information: mountwashington-ma.gov/council-on-aging-low-cost-transportation/

Contact: 413-528-0182, Ext. 25 mntcory@aol.com

Notes: Mount Washington residents 55 and older have access to a low-cost transportation service, which is available Monday through Friday for medical appointments in the Southern Berkshires and Pittsfield. You can also use the service for dropping off and picking up a repaired car or drop off/pick up at grocery store when unable to drive. To arrange your ride, please call Melanie at the Transportation Department at the Egremont Town Hall, Monday through Friday from 9 a.m. to 3 p.m. Give 48 hours' notice when arranging ride. *Rates vary.*

New Marlborough: www.newmarlboroughma.gov

Information: www.newmarlboroughma.gov/council-aging/news/senior-transportation

Contact: 413-591-3826 info@greatbarringtonseniors.org

Notes: Senior Residents (over 60 years old) — may purchase a discounted book of tickets for 10 one-way rides, at the Claire Teague Senior Center transportation office, in Great Barrington, weekdays 8:00AM to 4:00PM. Ticket books may also be purchased on the vans and at other local Senior Centers. www.tritown.org/seniors *Rates vary.*

Otis: www.townofotisma.com

Information: townofotisma.com/commissions-councils/council-on-aging-coa/

Contact: 413-269-0100 x131 seniorsotisma@gmail.com

Notes: For more information and availability of the Otis Ride Share program, call them directly.

Sandisfield: www.sandisfieldma.gov

Information : www.sandisfieldma.gov/council-aging/news/southern-berkshire-county-towns-offer-public-ride-share-service

Contact: 413-258-4711 x8 www.sandisfieldma.gov/user/2426/contact

Notes: For more information and availability of the Sandisfield Ride Share program, call them directly.

Sheffield: www.sheffieldma.gov

Information: www.sheffieldma.gov/sites/g/files/vyhlf3806/f/uploads/senior_center_transportation_flyer.pdf

Contact: 413-229-7037 kloring@sheffieldma.gov

Notes: Transportation through the council on Aging available to those 60 and older. There are also round-trip schedule trips (grocery shopping + Senior center meals). Rates vary.

Stockbridge: www.stockbridge-ma.gov/

Information: www.stockbridge-ma.gov/council-aging/page/transportation

Contact: 413-298-4170 Ext. 263 www.stockbridge-ma.gov/email-contact/node/276/field_email/contact_information

Notes: South County Connect is available to Stockbridge residents of all ages. See South County Connect for more information.

Tyringham: www.tyringham-ma.gov

Information: www.tyringham-ma.gov/council-aging/pages/transportation

Contact: 1-800-544-5242 townclerk@bcn.net

Notes: Available for Doctor appointments and other trips. Please call Elder Services in Pittsfield: 1-800-544-5242 and ask for a Tyringham driver. Please call between the hours of 9am and noon at least two days in advance.

West Stockbridge: www.weststockbridge-ma.gov

South County Connect (previously known as Tri-Town Connector) is available to West Stockbridge Residents. Call **Berkshire Regional Transit (BRTA):** For scheduling ADA or non-ADA rides, call (413) 499-2782, x3.

Notes: Visit <https://www.weststockbridge-ma.gov/home/news/public-transportation-information-west-stockbridge>

TriTown Connector: (See South County Connect)

Additional Transportation Resources:

- Berkshire Bike Path Council www.berkshirebikepath.com/lander
- Berkshire County Transportation Guide (Berkshires without Barriers): berkshireplanning.org/reports/berkshire-county-transportation-guide-berkshires-without-barriers/
- Institute of Transportation Engineers www.ite.org/
- Pedestrian & Bicycle Information Center www.pedbikeinfo.org/
- U.S. Department of Transportation www.transportation.gov/

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Disclaimer of Accuracy of Information:

All information provided in the enclosed resource guide and use of services is for informational purposes only and should not be construed as fact. The accuracy of information may change over time. If you have a resource that you would like included or changed, please email rania@familieslikeoursinc.com. Updated online versions of this Resource Guide can be found at www.southernberkshirehealth.com and www.familieslikeoursinc.com.

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