

Otsego County Guide To Community Services

**A collaborative effort by NAMI and
RSS as a part of the
Community Education Project
funded by reinvestment.**

**Printed by the Mountain View
Wellness Center**

Print Date: January 2018

*This guide contains information made available
for the public. It does not serve to endorse any
individual, organization or agency.*

**To receive a copy or copies
of this guide or to request
changes &/or additions
write, call or stop by:**

**Mountain View Wellness Center
Community Education Project
P.O. Box 781
9 River St.
Oneonta, NY 13820**

Phone: 607 433-1714 ext. 201

**Or download a copy from our website
www.otsegocep.org**

Table Of Contents

Single Point of Access (SPOA).....	1
Emergency Services.....	2
Crisis Intervention.....	3
Warm Line.....	3
Care Management	4
Mobile Integration Team.....	5
Veterans Services	6
Outpatient Counseling– Adults.....	7
Outpatient Counseling– Children.....	8
Inpatient Services.....	9
Substance Abuse– Clinical Services.....	10
Substance Abuse– Support Services.....	11
Private Practitioners.....	12-26
Medical Services.....	27-28
Medicaid Dental Services.....	29
Support Agencies.....	30-33
Food-Nutritional Services.....	34-35
Emergency Clothing	36
Furniture	36
Emergency Housing.....	37
Housing Services.....	38
Residential Services.....	39
Housing Assistance.....	40
Education.....	41-42
Employment Training & Support.....	43-44
Rehabilitation.....	45
Library.....	45
Family Support.....	46
Day Care and Parenting Support.....	46
Legal and Advocacy Assistance.....	47
Transportation.....	48
Acknowledgements.....	49

**We would like to thank
everyone who has
helped with the publication
of this guide.**

**A.O. Fox Hospital
NAMI of Otsego County
Otsego County Community
Services**

**Bassett Hospital
Private Practitioners
RSS of Otsego County**

MEDICAID TRANSPORTATION

Medical Answering Services

1 866-333-1030

Medical Answering Services processes all Medicaid transportation requests for Otsego County and may refer to other providers. Requests for transportation must be received three days in advance.

PUBLIC TRANSPORTATION

A and D Taxi

Accepts Medicaid

607 433-1726

Bernie Bus

Accepts Medicaid

1 800-388-9853

Oneonta Public Transit.

City bus system

607 432-7100

Www.optrides.com

M&M Taxi—medivan Accepts Medicaid

607 435-4102

607 435-0609

Mikes Taxi—Accepts Medicaid

Otsego, Delaware

1-800-850-5340

Otsego County Community Services **Single Point of Access**

The Otsego County Community Services Single Point of Access (SPOA) is designed to assist individuals with a mental disabilities and their families residing in the community to navigate the complex human services system.

SPOA is designed to use county resources wisely while meeting the unique needs of the individual. SPOA is designed to maximize coordination of human services and service delivery.

Any individual may be referred to SPOA by walking into the Mountain View Social Club during business hours. The Mountain View Social Club is located at 9 River St, Oneonta, N.Y., hours of operation are Monday through Friday, 8am-3:30pm.

Referrals may also be made by calling the SPOA Clinical Coordinator or the Otsego County Community Services office.

Lorraine Bosma, SPOA Clinical Coordinator

Otsego Co. Community Services:

607-547-1621

Fax: 547-1618

140 County Highway 33W

Cooperstown, NY 13326

or

Mountain View Wellness Center

607-433-1714

9 River Street

Oneonta, NY 13820

EMERGENCY SERVICES

ONEONTA

Police: 432-1111
State Police: 432-3211
Sheriff: 433-1340
Ambulance: 911
A.O. Fox Memorial Hospital: 431-5000
Fire: 911 or
433-3480

COOPERSTOWN

State Police: 547-2233
Sheriff: 547-4273
Bassett Hospital: 547-3355

HOTLINES

Child Abuse &
Maltreatment Reporting: 1 800 342-3720
Domestic Violence Hotline: 432-4855
Violence Int. Program: (VIP) 433-8038
Rape Crisis Hotline: 432-4855
Crisis Intervention Hotline: 1 877 369-6699
Suicide Prevention 1 800 784-2499
Alcohol & Drug Abuse
24 Hour Hotline: 1 800 234-0420
Poison Control: 1 800 222-1222
Homeless Hotline: 433-8318
Warm Line: 433-0661
or 1 800 377-3281

LEGAL and ADVOCACY ASSISTANCE

Legal Services of Central New York, Inc.
472 South Salina St. Suite 300
Syracuse, NY 13202
315 703-6500 www.lscny.org

Attorney Helpline
1 877-777-6152

**NYS Commission on Quality of Care & Advocacy
for Persons with Disabilities
Justice Center**
401 State St.
Schenectady, NY 12305
1 800-624-4143

**Legal Aid Society of Mid- New York Inc.
Barry Holden**
189 Main St 3rd floor
PO Box 887
Oneonta, NY 13820
607 433-2220
Assistance with SSDI & SSI only

**Office of Mental Health Bureau of Consumer
Affairs**

Tom O' Clair
44 Holland Ave
Albany, NY 12229
518 473-6579

**Central Region—OMH
Advocacy Specialist Elizabeth Patience**
545 Cedar St
Syracuse, NY 13210
(315) 426-3930

FAMILY SUPPORT

National Alliance on Mental Illness (NAMI) of Otsego County

NAMI members are concerned families and friends of people who suffer from psychiatric illnesses and are people living with mental health challenges. NAMI offers mutual support to those coping with the issues and needs of a loved one who is mentally ill. NAMI facilitates support meetings, NAMI Family to Family Education Program, NAMI Peer to Peer Education Program and speakers for NAMI “In Our Own Voice” Program

Call Kim at 607-351-3392 for more information

Contact namiofotsego@gmail.com for more information
otsegopeer2peer@gmail.com for info on Peer to Peer

DAY CARE

**Catholic Charities
Child Care Connection**
176 Main Street
Oneonta, NY 13820
607-432-0061

PARENTING SUPPORT

Even Start at O.F.O.—Building Healthy Families
182 Round House Rd
Oneonta, NY 13820
607 433-0444

Family Services
277 Chestnut St
Oneonta, NY 13820
607-432-2870
Hrs: M-Th 9:30 am—12:30 pm, 1:30 pm—4:30 pm
Friday by appointments

CRISIS INTERVENTION

Neighborhood Center Mobile Crisis Assessment Team (MCAT)

**24 Hour Crisis Hotline: 1 315-732-6228
1 844-732-6228**

MCAT provides help during a crisis to children and adults in Oneida, Herkimer, Schoharie, Otsego, Delaware and Chenango Counties

MCAT seeks to de-escalate a crisis situation, preventing possible harm, keeping the problem outside of the legal system and avoiding hospitalizations when appropriate.

MCAT has the ability to respond to crisis where they occur. MCAT works with the individual, family and community agencies.

Concerns which are causing a person a serious problem in functioning is a reason to call.

WARM LINE (RSS Inc.)

1 800 377-3281 or 607 433-0661

Sun—Sat: 4:30 pm to 10:30 pm

The Warm Line Peer provides confidential peer support and self-help to individuals in Otsego, Delaware, Schoharie and Chenango Counties;

The Warm Line is a phone call away were people can speak with a well trained non –judgmental peer support operator who has been there.

The Warm Line can suggest referrals to community services and alternative means of finding growth and health;

The Warm Line can make prearranged contact calls to your home by a peer support operator.

The Warm Line is NOT a crisis hotline.

Care Management Services

Rehabilitation Support Services Inc.

P.O. Box 781
Oneonta, NY 13820
607 433-1714 ext 203

Southern Tier Care Coordination

176 Main St
Oneonta, NY 13820
607 432-0061

Catholic Charities

176 Main St
Oneonta, NY 13820
607 432-0061

Bassett Navigators

125 Main St
Oneonta, NY 13820
547-4887

Care Management Services oversees and provides access to all of the services an individual needs to ensure that they are receiving everything necessary to stay healthy , out of the emergency room and out of the hospital

REHABILITATION

Mountain View Social Club / Wellness Center

Operated by Rehabilitation Support Services (RSS)
9 River St.
Oneonta, NY 13820
607 433-1714

Hours: Monday-Friday 8am-3:30pm

Recovery oriented activities and , social opportunities for Adults with Mental Health diagnosis.

Catskill Center for Independence

P.O. Box 1247
Oneonta, NY 13820
607 432-8000

Information and referral services, TBI Waiver Services
Architectural Barrier Consultation, Speaker Service
Personal Care Attendant Referral

Community Education Project Library

35 Main St
Oneonta, NY 13820
607 433-1714 ext. 218
www.otsegocep.org

Open: Wednesdays 3:00—6:00
Friday 12:00-3:00
And by appointment

The lending library provides books, periodicals pamphlets brochures' and videos / DVDs for loan focusing on mental health and recovery topics.

EMPLOYMENT SUPPORT

Vocational and Educational Support Program (V.E.S.P.)

9 River Street
Oneonta, N.Y. 13820
607-433-1714 x-201

Provides vocational training, assists individuals with psychiatric disabilities in identifying and pursuing employment goals, including transitional employment, supported employment and competitive employment with job coaching options. Assistance with readiness evaluation, barrier identification, work readiness skills training, job search, resume writing, benefits counseling etc.

ACCES—VR

44 Hawley St
Binghamton, NY 13904
1 800 888-5010

In Oneonta Tuesdays and Thursdays

Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) offers access to a full range of employment and independent living services that may be needed by persons with disabilities through their lives.

Southern Tier Mobile Integration Team (MIT)

MIT is Designed to provide support necessary for adults with Serious mental illness and youth with serious emotional disturbance to remain in the community and assist people in moving towards recovery.

**1-844-helpmit
1-844-435-7648**

In Home Stabilization

9 River St
Oneonta, NY 13820

607 434-8692

Veterans Services

Veteran's Affairs Office

242 Main St
Oneonta, NY 13820
607 432-4190

VA Medical Center

113 Holland Ave
Albany, NY 12208
518 626-5000

VA Bainbridge Office

1 North Main St
Bainbridge, NY 13733
607 967-8590

Veteran's Crisis Line

1-800-273-8255 Press 1

EMPLOYMENT TRAINING

Oneonta Bagel Company

Operated by Rehabilitation Support Services (RSS)
171 Main St.
Oneonta, NY 13820
607 433-0162

**Hours: Tuesday-Friday 7am-2pm,
Saturday 8am-3pm**

Oneonta Job Corps Center

21 Homer Folks Ave.
Oneonta, NY 13820
607 433-2111
employment in a supported environment

CDO Work Force

12 Dietz St.
Oneonta, NY 13820

607 432-4800

EDUCATION SUPPORT

Continued

Family Resource Network

46 Oneida St
Oneonta, NY 13820

607 432-0001

Special Education Parent Center
Educational Advocacy

Springbrook

2705 State Hwy 28
Milford Center, NY
607 286-7171

OUTPATIENT COUNSELING SERVICES
FOR ADULTS

Otsego County Mental Health Clinic

(Ages 18 & up)
242 Main St
Third Floor
Oneonta, NY 13820
607 433-2343

Hours:

Monday-Friday 8:00 am-5:00 pm
Some appointments are available
after 5 pm

Mary Imogene Bassett Hospital
Outpatient Psychiatry Services

1 Atwell Rd.
Cooperstown, NY 13326
607 547-3500

Hours:

Monday-Friday 8 am-5 pm

**OUTPATIENT COUNSELING SERVICES
FOR CHILDREN**

**Otsego County Children's
Mental Health Clinic**

242 Main St.
Second Floor
Oneonta, NY 13820
607 433-2334

Hours:

Monday-Friday 8:00 am-5:00 pm
**Some appointments are available
after 5:00 pm.**

**Mary Imogene Bassett Hospital Outpatient
Psychiatry Services**

1 Atwell Rd.
Cooperstown, NY 13326
607 547-3500

Hours:

Monday-Friday 8:00 am-5:00 pm

EDUCATION

Hartwick College

1 Hartwick Drive
Oneonta, NY 13820
Academic Affairs: 607 431-4400
Admissions: 607 431-4150

ONC- BOCES Adult Education Center

31 Center St
Oneonta, NY 13820
607-433-3645

**Hours: Monday- Friday 7:30 am- 3 pm,
Mon, Tues, & Wed. evenings 5:30 pm- 8:30 pm,**

Otsego Area Occupational Center (BOCES)

P.O. Box 57
1914 County Hwy 35
Milford, NY 13807
Main Office: 607 286-7715

State University of New York at Oneonta

Oneonta, NY 13820
Continuing Education: 607 436-2548
Disabilities Services: 607 436-2137

HOUSING ASSISTANCE– UTILITIES

**Home Energy Assistance Program (HEAP)
Otsego County Department of Social Services**

The Meadows
140 Cty. Hwy. 33 W
Cooperstown, NY 13326
607 547-1700 800 422-2512
Fax : 547-1721

**Lifeline
Verizon**
1 800—837-4966 (toll free)
Lifeline offers a reduced rate on basic monthly services as well as a discount on installation for eligible households.

Safe link Phone
1 800-977-3768
1 800 378-1684 tech support

HeartShare—Project Share Heating Fund
Assistance with NYSEG Bills
Emergency Fuel
1-800-599-4327
**[www.heartshare.org/programs/energy-assistance/
projectshare.htm](http://www.heartshare.org/programs/energy-assistance/projectshare.htm)**

INPATIENT SERVICES

Mary Imogene Bassett Hospital
1 Atwell Rd.
Cooperstown, NY 13326
607 547-3525

**Greater Binghamton
Health Center**
425 Robinson St.
Binghamton, NY 13901
607 724-1391

Binghamton General Hospital
10-42 Mitchell Ave.
Binghamton, NY 13903
607 762-2200

Faxton-St. Lukes Health Center
P O Box 479
Utica, NY 13502
315-798-6000 ex 6332

St Elizabeth Medical Center in Utica
2209 Genesee St
Utica, NY 13502
315 798-8100

Ellis Hospital in Schenectady
216 LaFayette St
Schenectady, NY 12305
518 243-3300

**SUBSTANCE ABUSE
CLINICAL SERVICES**

NYS Hope-Line 1-877-846-7369 open24/7

Otsego County Addictions Recovery Services

242 Main St, 2nd floor
Oneonta, NY 13820
607 431-1030

Hours: through Friday 8:00 am-4:30 m

Provides counseling for individuals dependent on alcohol or illegal drugs.

DETOX

SPARC—St Peter’s Addiction Center

3 Mercy Care Lane
Guilderland, NY 12084
518-452-6700 inpatient
518-525-1303 Detox

Conifer Park

79 Glenridge Rd
Glenville, NY 12302
1-800-989-6446

DVH Addiction Treatment Program

1 Titus Place
Walton, NY 13856
Referral 607-865-2163
General Info 607-865-2115

RESIDENTIAL SERVICES

Rehabilitation Support Services

Supervised Community Residence
& Treatment Apartment Program
57 Elm St.
Oneonta, NY 13830
607 432-1664

Supported Housing Program
9 River St.
Oneonta, NY 13820
607 433-1714

Elmwood Ave. Community Residence—RSS Inc.

11 Elmwood Ave.
Oneonta, NY 13820
607-267-4302

An 8 bed residence serving boys and girls, ages 12 to 18, who have a serious emotional disturbance.
1 respite bed

All referrals go to SPOA of
Chenango, Delaware,
Otsego, or Schoharie Counties.

HOUSING SERVICES

Emergency Aid To Families 607-547-1700

**Catholic Charities of Housing Office
SRO-Single Room Occupancy**

52 Maple Ave
Oneonta, NY 13820
607 436-9250

Oneonta Housing Authority

2 Mitchell St.
Oneonta, NY 13820
607 432-0170

Otsego Rural Housing

140 County Highway 33 W
Cooperstown, NY 13326
607 547-8839

Habitat For Humanity

403B Chestnut St
Oneonta, NY 13820
607 432-7874

**SUBSTANCE ABUSE
SUPPORT SERVICES and EDUCATION**

LEAF

**Leather-stocking Education on Alcoholism
Foundation and Council on Alcoholism, Inc.**

80 Water St.
Oneonta, NY 13820
607 432-0090

Information, referral and education services for
Alcoholism, Gambling and Tobacco addictions

AA- Alcoholics Anonymous

Otsego County
Provides self- help for alcoholics

1 800 339-1894

Utica/Herkimer County
1 315 732-6880

Ala-non

1 888-425-2666

NA- Narcotics Anonymous

Provides self-help for narcotics abusers
1 607 762-9116

Friends of Recovery of Delaware and Otsego

Turning Point Center
22 Elm St
Oneonta, NY 13820
607 267-4435

Education, Referral and Support Services

PRIVATE PR ACTIONERS

A message about Psychologists and Psychotherapists

Unless specifically exempted by law, psychologists and psychotherapists must be licensed and currently registered by the Board of Regents of the University of the State of New York to practice in this state.

If you have a question regarding the status of a psychologist or psychotherapist, call the New York State Education Department, Division of Professional Licensing Services.

1 518 474-3817

You can also verify status of licenses on line at:
www.op.nysed.gov/opsearches

**Please call provider to verify services
provided and insurance accepted.**

**For explanation of insurance
See key on page 13**

EMERGENCY HOUSING

24 Hour Hotline 607 433-8318

Otsego County Department of Social Services

Mailing Address: 197 Main St.
Cooperstown, NY 13326
607 547-1700 or 1 800 422-2512
Fax : 547-1721

Physical Address: The Meadows
140 County. Hwy. 33 W
Cooperstown, NY

Opportunities For Otsego

3 West Broadway
Oneonta, NY 13820
607 433-8000

**24 hr Homeless Hotline: 607 433-8318
Hours: Monday-Friday 8:00 am-5:00 pm**

Family Services Association

277 Chestnut St.
Oneonta, NY 13820
607 432-2870

**Hours: Monday, Tuesday & Wed.
9:30 am-12:30 & 1:30 pm- 4:30 p m
Thursday 1:30 pm– 4:30 pm
Friday by appointment only**

Helpful Advocates for Housing Assistance (HAHA)

35 Main St
Oneonta, NY 13820
607 433-1714 ext. 214

Hours Tuesdays 1 p.m.—2:30 pm

EMERGENCY CLOTHING

Family Services Association

277 Chestnut St.
Oneonta, NY 13820
607 432-2870

Hours: Monday, Tuesday & Wed.
9:30 am-12:30 pm & 1:30 pm- 4:30 pm
Thursday 1:30 pm– 4:30 pm Friday by appointment

Salvation Army

25 River St.
Oneonta, NY 13820
607 432-6120

Hours: Monday-Wednesday 9:30 am—3:00 pm
Tues, Thur, and Friday 9:30-4:00
Closed 12:00-1:00 for lunch

The Magic Closet- Episcopal Parish Hall

162 Main St.
Morris, NY 13808
607 263-5116, 263-5942 or 783-2715

Hours: Wed 11:00 am-1:00 pm,
Thurs 4:30 pm-6:30 pm,
Sat 11:00 am-1:00 pm

**Community Maternity Services—
Catholic Charities**

(Baby Clothes)
Mon.-Fri. 8:30– 12:30 & 1:30-4:30
176 Main Street
Oneonta, NY 13820
607-432-0061

FURNITURE

Salvation Army Thrift Store

105 Main St.
Oneonta, NY 13820
607 432-0952

INSURANCE CODES

MD – Medicaid	VBH - Value Behavioral Health	MM – MVP Managed Medicaid
ME – Medicare	EAP – Employee Assistance Program	WC – Workman’s Compensation
BC – Blue Cross	E – Empire	HMO – Health Maintenance Organization
BS – Blue Shield	BC+ - Blue Cross Plus	SF – Sliding Fee Scale
MVP – Mohawk Valley Plan	W – Wellcare	CI – Commercial Insurance
CDPHP – Capitol District Physicians Health Plan	C – Champus	SP – Self Pay
WM – Wellcare Medicaid	VO – Value Options	NAA – North American Administration
GHI -Government Health Insurance	TC – Tri-Care	CHP – Child Health Plus

CHILDREN & ADOLESCENT SERVICES

PROVIDERS	SERVICE	INSURANCE
Bercovitz, James PhD 189 Main St. Oneonta, NY 13820 607 436-9159 & 607 353-8360	Adolescents & Children	Accepts Most Insurance
Bergfjord, Elizabeth LCSW-R 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Adolescents	Most Insurance No MD & ME
Black, Charlotte LCSW-R 143 Main St. Oneonta, NY 13820 607 432-0475	Adolescents	Accepts Most Insurance— SF
Carentz, William LCSW-R 48 Dietz St. Oneonta, NY 13820 607 432-1180	Adolescents & Children— Specializes in ADD children	Accepts Most Insurance
Clark, Debra J. LCSW-R 10 Market St. Suite 5 Oneonta, NY 13820 607 432-1914	Adolescents & Children	Me, most oth- ers, no MD
Cole, Samantha L. LCSW- R 1004 State Hwy 7 Suite B Unadilla, NY 13849 607 354-4602	Young adult / Adolescents Dialectical Behavioral Thera- py DBT	SF

FOOD-NUTRITIONAL Pantries

WIC– Women, Infants & Children

3 West Broadway
Oneonta, NY 13820
607 433-8071

St. Mary’s Food Pantry

38 Walnut St.
Oneonta, NY 13820
607 432-3920

Hours: Monday - Friday 11:00 am - 3:00 pm
May use once every 30 days.

St. James Food Pantry

305 Main St.
Oneonta, NY 13820
9:00 am– 2:00 pm m-f
Lords Table Feeding Program m-f 4:30—6:00 pm
607 432-1458

Presbyterian Church

25 Church St.
Cooperstown, NY 13326
607 547-8401

Cooperstown Food Bank

Presbyterian Church
25 Church St
Cooperstown, NY 13326
M-F 10 am—12 pm & 2 pm-4 pm
Last Two Saturdays of the month 10:00 am-12:00 pm
607 547-8902

FOOD-NUTRITIONAL MEALS

The Lord's Table

St James Episcopal Church

305 Main St.

Oneonta, NY 13820

607 432-1458

Hours: Monday-Friday 4:30 pm-6:00 pm

Saturday's Bread

First United Methodist Church

66 Chestnut St.

Oneonta, NY 13820

607 432-4102—Main Church

(607)435-7188 Operations Coordinator

Hours: Saturday 11:00 am-1:00 pm

Salvation Army

Meal with a Message

25 River St.

Oneonta, NY 13820

607 432-6120

Sunday, 4:00 pm after a brief service

Food pantry also available

Hours: Monday-Friday 9:30 am-12:00 pm

CHILDREN & ADOLESCENT SERVICES

PROVIDERS	SERVICE	INSURANCE
Dunham-Davis, Sallie LCSW-R 31 Main St Oneonta, NY 13820 607 437-4347 607 433-0209	Adolescents & Children, Adolescent girls groups, Adults & Couples	BC, BS, VBH, BC+, HMO, E No MD
Flachs, Lisa LCSW-R Fischer, Elvia LCSW-R & Donovan, Tim LCSW-R 75 Chestnut St. Oneonta, N.Y. 13820 607-433-0774	Children, Ado- lescents, Adults, Fami- lies	ME and most other insurances, no MD
George, Sally PhD 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Adolescents	Does not take MD & ME
Grappone Bill LCSW -R 10 Market St. Oneonta, NY 13820 607 432-9128	Adolescents, Children, Elderly	ME, most others
LaFrance, Ron Ed. D LMFT-R 31 Main St Oneonta, NY 13820 607 437-4347 607 433-0209	Adolescent & Adult Individual, couples & fam- ily	SF

CHILDREN & ADOLESCENT SERVICES

PROVIDERS	SERVICE	INSURANCE
Lamb, Charles W. PhD 71 Chestnut St. Cooperstown, NY 13326 607 547-5230	Adolescents	All
Miller, Debra Ann, LCSW-R PO Box 323 Springfield Center, NY 13468 315-858-2556	Children Adolescents, trauma, loss, adoption	Many and SF No MD & ME
Miller, Esther LCSW-R 89-C Main St. Cooperstown, NY 13326 607 547-1303	Adolescents Specializes in transition	BC, MVP, ME No MD & ME
Mills, Ann Marie LCSW-R 3200 Chestnut St. Oneonta, NY 13820 607 436-9033 607 432-9295	Children,	All including CHP No MD or ME
Paluch, Catherine LCSW-R 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Adolescents & Children	Most No MD & ME
Zeien, Suzanne LCSW-R, ACSW 254 Main St. Suite 6b Oneonta, NY 13820 607 434-3032 sueannezein@yahoo.com	Adolescents & Children, Specializing in ADD chil- dren	All except MD

SUPPORT AGENCIES Continued

New York Connects

140 County Highway 33 W Suite 5
Cooperstown, NY 13326
Multiple Service Needs: 607 547-4390
Referrals to Home Health Services

Office of the Aged/ New York Connects

403 Chestnut St
Oneonta, NY 13820 607 432-9041

Jail Ministry of Otsego County

P.O. Box 1023
Cooperstown, NY 13326
Contact Ameen Aswad
607 282 2521

Case management Services
Hygiene Supplies, Clothing Vouchers, Food
Vouchers, Outreach to Children of inmates
One on One counseling and spiritual support

Potter's Wheel Biblical Counseling Center

577 Greenough Rd
Cooperstown, NY 13326
607 547-9764
Contact Pastor Jack Kloshein
Free of Charge

SUPPORT AGENCIES Continued

Mental Health Association in Ulster Co. Inc.

5546 St. Hwy. 7
 Oneonta, NY 13820
 607-433-0700
 Home & Community Based Waiver Program
 Otsego Respite and Family Support Program

Family Resource Network

46 Oneida St
 Oneonta, NY 13820
 607 432-0001
 Mon—Friday 9:00 am– 4:00 pm

Coordinated Children’s Services Initiative (CCSI)
 Adolescent Outreach Program
 Residential Services Family Advocate

Provides wrap around services to families with children in multiple systems who are at risk

Northeast Parent and Child Society

297 River St Service Road
 Oneonta, NY 13820
 607 441-5055

Home and community based waiver program
 Therapeutic Foster Care

United Way of Delaware and Otsego Counties

31 Maple St
 Oneonta, NY
 607 432-8006

ADULT SERVICES

PROVIDERS	SERVICE	INSURANCE
Agolia, Barbara LCSW-R 34 S. Main St Suite 1 Oneonta, NY 13820 607 432-1390	Adults	All except MD & ME & CDPHP
Bercovitz, James Ph D 189 Main St. Oneonta, NY 13820 607 436-9159 or 607 353-8360	Individual	MD, ME, BC, CDPHP, MM, TC, CBP, NAA, VO
Bergfjord, Elizabeth LCSW-R 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Depression, anxiety, grief, loss	Most Insurance No MD & ME
Black, Charlotte LCSW-R 143 Main St. Oneonta, NY 13820 607 432-0475	Adults, Individual, Marital & Couples Counseling	Accepts most Insurance– SF
Carentz, William LCSW-R 48 Dietz St. Oneonta, NY 13820 607 432-1180	Anxiety Disorder, Elderly, Depression, couples, marriage, individuals.	Accepts most—call for info.

ADULT SERVICES

PROVIDERS	SERVICE	INSURANCE
Clark, Debra J. LCSW-R 10 Market St. Suite 5 Oneonta, NY 13820 607 432-1914	Adults, Indv. Family Therapy	ME, most others, no MD Fidelis
Cole Samantha L. LCSW-R 1004 State Hwy 7 Suite B Unadilla, NY 13849 Hrs 9am-5:30 pm 607 354-4602	Women's Issues Young Adults Dialectical Behavioral Therapy DBT	SF
Dunham- Davis, Sallie LCSW-R 75 Market St. Oneonta, NY 13820 607 433-0209	Depression, Mixed Groups, Women's Survivor Group	BC, BS, VBH, BC+, HMO
Flachs, Lisa; Fischer, Elvira & Donovan Tim (all are LCSW-R) 75 Chestnut St Oneonta, N.Y. 13820 607-433-0774	Children, Adolescents, Adults, Families	ME and most other insurances, no MD
George, Sally PhD. 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Individual, adults	Does not take MD & ME
Gerace, Nicole LCSW-R 8-12 Dietz St., suite 201 Oneonta, N.Y. 13820 607 432-9039	Individuals and Couples, Chemical Dependencies and Mental health Issues	Most, no MD

SUPPORT AGENCIES Continued

Alzheimer's Association

140 County Hwy 33 W
Cooperstown, NY 13326
(607) 547-1650
Help Line 1-800-272-3900

Brain Injury Association of New York State

Serves people with Brain Injury in
Otsego, Chenango, Delaware and Schoharie Counties
10 Colvin Ave.
Albany, NY 12206
Support Groups at Fox Care Center
FACTS Coordinator: Cuca Roberts 607 432-6364

Community Action Partnership (CAP)

176 Main St
Oneonta, NY 13820
(607)432-0061
(607) 386-3562

Catskill Center for Independence

P.O. Box 1247
Oneonta, NY 13820
607 432-8000

Information and referral services,
TBI Waiver Services
Architectural Barrier Consultation, Speaker Service
Personal Care Attendant Referral

ADULT SERVICES

SUPPORT AGENCIES

Catholic Charities of Delaware & Otsego

Counties

176 Main St.

Oneonta, NY 13820

Main office: 607 432-0061

Community Maternity Services

Dispute Resolution

Emergency Assistance

Opportunities For Otsego Inc.

3 West Broadway

Oneonta, NY 13820

Main office: 607 433-8000

Child & Family Dev. Dept.: 607 433-8055

Women, Infants, & Children: 607 433-8071

Head Start: 607 433-8055

Oneonta Head Start: 607 432-8055

Crisis Intervention & Support 607 433-8038

Domestic Violence & Rape Crisis: 607 432-8038

Homeless Hotline: 607 433-8318

Housing, Employment & Energy Services Dept.
607 433-8048

HEAP 607 433-8061

Wheels Program: 07 432 4800

Weatherization: 607 433 0444

Building Healthy Families 607 433-0444

182 Round House Rd

Oneonta, NY 13820

PROVIDERS	SERVICE	INSURANCE
Grappone, Bill LCSW-R 10 Market St Oneonta, NY 13820 607 432-9128	Adults, gerontology , Children, Adolescents	ME, most others
Hegeman, Marie LCSW-R 8-12 Dietz St suite 201 Oneonta, NY 13820 607 432-9039	Chemical Dependency, short term dep., anxiety	All except MD
Hill, Blanche LCSW-R 143 Main St. Suite 207 Oneonta, NY 13820 607 434-6299	Individuals, Couples	Please call for info.
Lamb, Charles W. PhD 71 Chestnut St. Cooperstown, NY 13326 607 547-5230	Adults, Couples	All
LaFrance, Ron Ed.D LMFT-R Diane Schultz 31 Main St Oneonta, NY 13820 607 437-4347 607 433-0209	Adolescent & family	SF

ADULT SERVICES

PROVIDERS	SERVICE	INSURANCE
Loh, Jeanne LCSW-R 22 Watkins Ave. Oneonta, NY 13820 607 433-0157	Anxiety Disorder, Depression, Elderly, Sexual Abuse	SF
Miller, Debra Ann LCSW-R P.O. Box 323 Springfield Center, NY 13468 1 315 858-2556	Adult, trauma, loss, depression, adoption	No MD. & ME
Mills, Ann Marie LCSW-R 3200 Chestnut St. suite 121 Oneonta, NY 13820 607 436-9033 607 432-9295	Adults Individual	All including CHP No MD & ME
Paluch, Catherine LCSW-R 78 Chestnut St Oneonta, NY 13820 607 433-0161	Depression, anxiety, eating disorders, sexual abuse	No MD & ME
Shaw, Laurel LCSW-R 164 Main St. Oneonta, NY 13820 607 432-3352	Anxiety, Depression, Pers. Disorder, Sexual Abuse	All except MD

MEDICAID DENTISTS

Fox Care Dental Associates

1 Fox Care Drive Route 7
Oneonta, NY 13820
607 433-1778

Chenango Memorial Hospital Dental Care Center

Eaton Center
32 Conkey Ave.
Norwich, NY 13815
607 337-4174

New Dimensions & Health Care

40 Wall St.
Amsterdam, NY 12010
518 843-2575

American Mobile Dental

8 Grand St.
Oneonta, NY 13820
607 432-1010
Mon– Thursday 8:00 am—5:00 pm
Friday 8:00 am—4:00 pm

Advanced Family Dentist

482 Main St
Oneonta, NY 138520
607 433-1472

Monday—Thursday 8:00 am—4:00 pm

MEDICAL SERVICES CONTINUED

Oneonta Community Free Health Center 607 433-0300
 31 Main St, Oneonta
Stamford Family Practice
 32-34 Main St, Stamford 12167 607 652-2000
 Fax; 607 652-2423

United Health Services
 179 River St
 Oneonta, NY 13820
 433-3484

Planned Parenthood Association of South Central New York
 37 Dietz St. Oneonta,
 Appointments & Info: 607 432-2250
 Administrative Offices: 607 432-2252
 37 Pleasant St Sidney 607 563-4363
 130 North St Walton 607 865-6573
 117 Hawley St Binghamton 607 723-8306

Public Health Nursing
 140 Co Hwy 33W, suite 3
 Cooperstown, NY 13326
 607 547-4230

Hours: Monday –Friday 9:00 am-5:00 pm

Catskill Area Hospice & Palliative Care, Inc.
 297 River St. Service Rd
 Oneonta, NY 13820
 607 432-5525
 Hrs: 8:00 am—5:00 pm

ADULT SERVICES

PROVIDERS	SERVICE	INSURANCE
Zeien, Suzanne LCSW-R, ACSW 254 Main St. Suite 6B Oneonta, NY 13820 607 434-3032 sueannezein@yahoo.com	Anxiety, Elderly, Depression, Sexual Abuse	All except MD

FAMILY SERVICES

PROVIDERS	SERVICE	INSURANCE
Agoglia, Barbara LCSW-R 34 S. Main St Suite 1 Oneonta, NY 13820 607 432-1390	Family Counseling	All except MD & ME & CDPHP
Bergfjord, Elizabeth LCSW-R 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Family Counseling, Couples, Marital Counseling	Most Insurance No MD & ME
Black, Charlotte LCSW-R 143 Main St. Oneonta, NY 13820 607 432-0475	Family Counseling, Couples, Marital Counseling	Accepts most insurance– SF
Carentz, William LCSW-R 48 Dietz St. Oneonta, NY 13820 607 432-1180	Couples, Family & Marital Counseling	ME, BC, BS, MVP, VBH, EAP, E, BC+, W, C, MM, HMO, SF, CDPHP
Clark, Debra J. LCSW-R 10 Market St. Suite 5 Oneonta, NY 13820 607 432-1914	Family Counseling	Me, most others, no MD
Cole , Samantha LLCSSW-R 1004 State Hwy 7 Suite B Unadilla, NY 13849 Hrs 9 am– 5:30 pm 607 354-4602	Young adults & Families	SF

MEDICAL SERVICES

Bassett Healthcare

Cooperstown

1 Atwell Rd Cooperstown, NY 607 547-3456

Oneonta

125 Main St. Oneonta, NY 13820
Adult Medicine: 607 433-1790
Pediatrics: 607 433-1792

Convenient Care

Associate Drive, Oneonta 607 433-6400

Edmeston

15 Turner Lane, Edmeston, NY 1335 607 965-8900

Stamford

28650 State Highway 23 607 652-2537

Oneonta Surgeons & Specialists

Associate Drive, Oneonta 607 433-2570

Butternut Valley Health Center

West Main & Liberty, Morris 607 263-5111
PO Box 433, Morris 13808

Fox Care Center– Oneonta

1 Fox Care Drive, Suite 210, Route 7
Oneonta, NY 13820
Cyber cafe: 607 431-5198
Fox Now Walk in center : 607 431-5052
Education, Suite 300: 607 431-5080
Fox Internal Medicine & Oncology: 607 431-5290
Oneonta Family Practice, Suite 308: 607 432-1163
Outpatient Testing Center: 607 431-5230
Patient registration: 607 431-5200
Business Office: 607 431-5202
Susquehanna Fam. Practice, Suite 103: 607 431-5757

Wellness Services and Support Groups

PROVIDERS	SERVICE	INSURANCE
Mind Matters Neurofeedback Centers 189 Main Street, Suite 401, Oneonta NY 13820 (607) 432-0060 www.urmindmatters.com	neurofeedback or neurotherapy manages symptoms that are associated with Depression, Anxiety, ADHD, Fibromyagia, Migraines and a variety of other disorders.	Call for information
Oneonta Diabetic Support Group Elm Park Church 401 Chestnut St Oneonta NY 13820 Sharon Wheeler (607)432-7052	Meetings start 7:00 pm on the 4th Thursday of the month Meetings occur in March, April and June —October	
Depression & Bipolar Support Group Christ Church 69 Fair St 70 Cooperstown, NY Info (607) 547-9555	Meetings: 1st & 3rd Monday of the Month	

FAMILY SERVICES

PROVIDERS	SERVICE	INSURANCE
Dunham-Davis, Sallie . LCSW-R, ACSW 31 Main St. Oneonta, NY 13820 607 433-0209 607 437-4347	Family Counseling	BC, BS, VBH, BC+, HMO, E
Flachs, Lisa; Fischer, Elvira & Donovan, Tim (all LCSW-R) 75 Chestnut St Oneonta, N.Y. 13820 607-433-0774	Children, Adolescents, Adults, Families	ME and most other insurances, no MD
George, Sally PhD. 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Couples, Family & Marital Counseling	Does not take MD & ME
Grappone, Bill LCSW-R 10 Market St. Oneonta, NY 13820 607 432-9128	Family Counseling, Children, Adolescents	most others
Hill, Blanche LCSW-R 143 Main St. Suite 207 Oneonta, NY 13820 607 434-6299	Family Counseling	SF, Please call for info.

FAMILY SERVICES

PROVIDERS	SERVICE	INSURANCE
LaFrance, Ron Ed.D LMFT-R 31 Main St Oneonta, NY 13820 607 437-4347 607 433-0209	Family & Couples	SF
Lamb, Charles W. PhD 71 Chestnut St. Cooperstown, NY 13326 607 547--5230	Family Counseling	All
Loh, Jeanne LCSW-R 22 Watkins Ave. Oneonta, NY 13820 607 433-0157	Couples, Family Counseling	SF
Miller, Debra Ann, LCSW-R PO Box 323 Springfield Center, NY 13468 315-858-2556	Adults, family, trauma, loss, adoption	Many and SF No MD or ME
Mills, Ann Marie LCSW-R 3200 Chestnut St. Oneonta, NY 13820 607 436-9033 or 432-9295	Couples, Marital Counseling	All except MD & ME
Paluch, Catherine LCSW-R 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Couples, Family & Marital Counseling	Does not take MD & ME

FAMILY SERVICES

PROVIDERS	SERVICE	INSURANCE
Zeien, Suzanne LCSW-R, ACSW 254 Main St. Suite 6B Oneonta, NY 13820 607 434-3032	Couples, Family & Marital Counseling	All except MD

Psychiatrists PSYCHIATRISTS

PROVIDERS	SERVICE	INSURANCE
Gordon, Kenneth MD 75 Chestnut St. Oneonta, NY 13820 Mon- Thur. 8:30-6:00 pm 607 433-1663	Children, Adolescents	E, MVP, CDPHP No MD, ME
Neander, Michael MD 425 Main St. Oneonta, NY 13820 607 436-9732	Children, Adolescents, Adults, Couples, Elderly. Specializing in ADD Children. Family & Marital Counseling	MD, ME, BC, MVP, CDPHP