Mental Health & Substance Use

RESOURCE	CONTACT INFORMATION / SUMMARY OF SERVICES
Addiction Center of Broome County	**ADDRESS:** 30 West State Street 2nd Floor, Binghamton, NY 13901-2232 **WEBSITE:** **PHONE:** (607) 723-7308 **SOCIAL MEDIA:**
Serves: Individuals with alcohol and/or drug dependency. Persons with co-occurring mental and substance use disorders.	**Features/ Services:** an OASAS certified provider focused on engaging people in treatment through mobile clinic services — brings treatment staff into underserved areas; expanding tele-practice sites; and enhanced peer outreach & engagement within the community. **Outpatient groups** include Basic Addictions, Intensive Outpatient, Outpatient Rehabilitation, Aftercare & Relapse Prevention groups along with Co-occurring Disorders (COD) and Women's groups. **Specialty groups** include Codependency, Men's & Women's TREM, Nurturing Parenting, Creative Arts, Anger Management and Wellness Self-Management. The Grief Recovery Method and Family Psychoeducation Program (FPE). Accepts Medicaid and other insurance and works with individuals to ensure access. Providing Peer services, Psychiatric Services/COD medication management and Vivitrol/Naltrexone medication assisted therapy Ancillary Withdrawal Management Services (AWMS) and Suboxone MAT starting 2018. **The Grief Recovery Method® Grief Support Group**-the action program for moving beyond Death, Divorce, and Other Losses. Your feelings are normal and natural. The problem is that we have been socialized to believe that these feelings are abnormal and unnatural. Whether your loss is from: death, divorce or end of a relationship, loss of a career, loss of trust, loss of faith, loss of safety and/or loss of health.
Addiction Stabilization Center (ASC)	**ADDRESS:** 247 Court Street Binghamton **WEBSITE:** https://frsinc.co/services/addiction-stabilization-center/ **PHONE:** (607) 722-4080 **SOCIAL MEDIA:**
Serves: Individuals with drug dependencies/ addictions	**Features/ Services:** Ancillary withdrawal and addiction medication management with on-site physician, psychiatrist, social worker and comprehensive clinical services including opportunities to learn coping skills to deal with cravings, impulsive behavior and mental health symptoms. Family Counseling and Vocational/Educational Services available for individuals age 18 and over. Referrals accepted by phone, fax, email or US mail-admission must meet LOCADTR criteria and intakes are by pre-scheduled appointments.

RESOURCE	CONTACT INFORMATION / SUMMARY OF SERVICES
Alcoholics Anonymous	**ADDRESS: DAILY:** 91 Baldwin Street, Binghamton; 113 Grand Boulevard, Binghamton; 50 Oak Street, Binghamton; United Methodist Church 53 McKinley Ave, Endicott; **MONDAY:** 24 Isbell Street, Binghamton; 371 Castle Creek Rd, Binghamton; 80 Hawley Street, Binghamton; 740 River Road, Chenango Bridge; 72 Main Street, Binghamton; 183 Riverside Drive, Binghamton; Room 10 (next to Lourdes Hospital); 901 Murray Hill Road, Vestal; 270 Robinson Street, Binghamton; 29 Grant Ave. @ Monroe St, Endicott; 14 Monument Street, Deposit; 83 Main Street, Binghamton (Corner Arthur and Main) **TUESDAY**: Gospel Chapel, 203 North Ave, Owego; 1087 Castle Creek Road (Rt.11), Castle Creek; 196 State Street, Binghamton; 795 Route 11, Kirkwood; 133 Main Street, Johnson City; 29 Grant Ave. @ Monroe St, Endicott; **WEDNESDAY**: 740 River Road, Chenango Bridge; 91 Baldwin Street, Binghamton; 17 Nanticoke Ave, Endicott; 3505 Vestal Pkwy, Vestal (Enter in rear); 29 Grant Ave. @ Monroe St, Endicott; 7313 Collins Street, Whitney Point **THURSDAY:** 340 Prospect St, Binghamton; 29 Grant Ave. @ Monroe St, Endicott; 10-42 Mitchell Ave, Binghamton; 1350 Front Street, Chenango Forks; 308 Main Street, Johnson City; 4400 Vestal Pkwy E, Binghamton; 14 Monument Street, Deposit; **FRIDAY:** 24 Isbell St. Binghamton; 10-42 Mitchell Ave, Binghamton; 3-5 Griswold Street, Binghamton; 17 Nanticoke Ave, Endicott; 371 Castle Creek Rd, Binghamton; 284 Robinson Street, Binghamton; 72 Main Street, Binghamton **SATURDAY:** 72 Main Street, Binghamton; 308 Main Street, Johnson City; 38 Broad Ave, Binghamton; 200 Jefferson Ave. @ Broad St. Endicott; 11 Brandywine Highway, Binghamton; 72 Main Street, Binghamton; **SUNDAY:** 80 Hawley Street, Binghamton; 110 Fairview Ave, Binghamton; 169 Riverside Drive, Binghamton; 705 West Main Street, Endicott; 10-42 Mitchell Ave, Binghamton; 30 Glann Road, Apalachin; 740 River Road, Chenango Bridge; 91 Baldwin Street, Binghamton **WEBSITE:** https://aabinghamton.org/ **PHONE:** (607) 722-5983 **SOCIAL MEDIA:**
Serves: Individuals with alcohol dependency	**Features/ Services:** Group support and education
Alateen/ Al-Anon	**ADDRESS: Monday** 7:00 PM Binghamton - Courage to Change Binghamton General Hospital, Johnson Hall Foundation Conference Room; 7:00 PM Chenango Bridge - Courage to Change St. Mark's Espisocal Church, River Rd. Chenango Bridge, NY **Tuesday** 6:30 PM Step - One Day at a Time 11 Brandywine Ave., Binghamton, NY across from Weitsmann Steel Scrap Yard; 7:00 PM Al-ANON Unitarian Universalist Church, 183 Riverside Dr., Binghamton, Classroom 10 **Wednesday** 10:00 AM Step Meeting St. Vincent DePaul Church, 465 Club House Rd. Vestal, NY - front door entrance; 7:45 PM Wednesday PM Group Christ Church, Water Street Door, Binghamton; **Thursday** 7:00 PM From Survival to Recovery - Al-Anon Adult Children Christ Church, Water St., Door, Binghamton **Friday** 8:00 PM Union Endicott Group North minster Presbyterian Church, Farm to Market Rd., Endwell, NY **Saturday** 7:00 PM Topic Meeting St. Paul's Episcopal Church, corner of Jefferson & Broad Sts., Endicott, NY **WEBSITE:** https://al-anon.org/ **PHONE:** (607) 722-0889 **SOCIAL MEDIA:**
Serves: Younger family members and friends of alcoholics (mostly teens)	**Features/ Services:** Experience sharing support program

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Assertive Community Treatment (ACT)	**ADDRESS:** 290 Front Street Binghamton **WEBSITE:** https://www.catholiccharitiesbc.org/programs/mental_health/ **PHONE:** (607) 723-9991 **SOCIAL MEDIA:**
Serves: General Population	**Features/ Services:** An evidenced based practice that is a hybrid of mental health clinical services and case management. More than 80% of services take place in the community to assess needs in the recipients living environment and provide services to those who find getting to Mental Health appointments a barrier. The team is comprised of a Psychiatrist, Nurses, Social Workers and Mental Health Counselors. Services include but are not limited to psychiatric assessment, medication education and support, vocational assessment and linkages, drug and alcohol assessment groups and referrals, wellness and family education, and community living skills support.
Binghamton Adult Drug Treatment Court	**ADDRESS:** 38 Hawley St., Binghamton, NY **WEBSITE:** http://ww2.nycourts.gov/courts/6jd/broome/binghamton/drugcourt.shtml**PHONE:** 607-240-4275 **SOCIAL MEDIA:**
Serves: qualified addicted offenders	**Features/ Services:** Provides nonviolent criminal offenders addicted to drugs with the opportunity to participate in substance abuse treatment under the supervision of the court.
Binghamton Veteran's Administration Outpatient Clinic	**ADDRESS:** 203 Court Street Binghamton, NY 13901-3601 **WEBSITE:** https://www.syracuse.va.gov/locations/Binghamton_Community_Based_Outpatient_Clinic.asp **PHONE:** (607) 722-9100 **SOCIAL MEDIA:**
Serves: Veterans	**Features/ Services:** Primary and Behavioral Healthcare: a behavioral health care team consisting of Social Workers, and Psychiatrists provides individual psychotherapy, group psychotherapy, and medication therapy, for Veterans experiencing personal and emotional problems, including drug and alcohol problems, Smoking Cessation, Move! Weight Management Program, Specialty Services including Optometry, Podiatry, and Gastrointestinal Clinics, Home Based Primary Care, Lab Services, Prescriptions, Radiology, Telehealth Clinics, Whole Health Classes, Transportation
Broome County Mental Health Department	**ADDRESS:** 60 Hawley Street, Binghamton Ny 13902 **WEBSITE:** http://www.gobroomecounty.com/mh/ **PHONE:** (607) 778-2351 **Mental Health Case Mgmt. (SPOA):** (607) 788-1119 **SOCIAL MEDIA:**
Serves: Children, adolescents, adults and families	**Features/ Services:** Mental hygiene services, alcohol and substance abuse services, mental health programs
Able Program Broome County Re-entry	**ADDRESS:** 36-42 Main Street, (Inside DSS Building), Binghamton, NY 13905 **WEBSITE:** https://www.govserv.org/US/Binghamton/264290316944454/ABLE-Program-Broome-County-Re-Entry **PHONE:** (607) 743-1790 **SOCIAL MEDIA:**

RESOURCE	CONTACT INFORMATION / SUMMARY OF SERVICES
Serves: Men and Women Returning from Prison	**Features/ Services:** Assists with: Housing, Education, Substance Use Issues, Stress, Mental Health Concerns, Reconnecting with Family and Community, Veterans Services, Employment.
Binghamton University Counseling Center	**ADDRESS:** Old O'Connor Building 264, Binghamton University, Vestal Parkway E **WEBSITE:** https://www.binghamton.edu/counseling/index.html **PHONE:** (607) 777-2772 **SOCIAL MEDIA:**
Serves: Binghamton University undergraduate and graduate students and affiliated entities	**Features/ Services:** Provides comprehensive clinical and referral services. Their goal is to enhance the psychological well-being of students so they can take full advantage of the educational opportunities at the University.
Broome County Sheriff's Assisted Initiative	**ADDRESS:** 155 Lt. VanWinkle Drive, Binghamton, NY, 13905 **WEBSITE:** **PHONE:** (607) 778-1911 Ext. 1 **SOCIAL MEDIA:**
Serves: People seeking treatment for substance abuse	**Features/ Services:** Available 24/7. This program allows people voluntarily seeking substance abuse treatment help with obtaining transport to either the ASC at 247 Court Street in Binghamton or UHS Binghamton General Hospital located at 10-42 Mitchell Avenue in Binghamton.
Broome County Suicide Awareness For Everyone BC SAFE	**ADDRESS:** 36-42 Main Street Binghamton **WEBSITE:** http://gobroomecounty.com/mh/bcsafe **PHONE:** (607) 778-2351; **BC SAFE line:** 778-1911 **SOCIAL MEDIA:**
Serves: General Population	**Features/ Services:** A local suicide prevention coalition that strives to reduce the number of suicides and suicide attempts through awareness and education. BC SAFE line: A volunteer will take information and begin searching a network of treatment facilities accepting new patients and assist with arrangements for substance abuse treatment.
CCSI – Drug Free Communities	**ADDRESS:** 1099 Jay Street Building J Rochester NY 14611 **WEBSITE:** https://www.ccsi.org/ **PHONE:** (607) 778-1005 **SOCIAL MEDIA:**
Serves: Businesses, community-based organizations, government agencies	**FEATURES/SERVICES: CCSI** provides program management, business management, and consulting services for local behavioral health, social and human service departments, state agencies and community-based organizations. **DFC** aims to create healthier and safer communities across New York State by reducing risk factors associated with substance use and enhancing relevant protective factors and increasing community collaboration and awareness about substance use.
Catholic Charities of Broome County	**ADDRESS:** 232 Main Street Binghamton NY 13905-2699 **WEBSITE:** https://www.catholiccharitiesbc.org/ **PHONE:** (607) 729-9166 **Food pantry:** (607) 723-4563 **SOCIAL MEDIA:**

RESOURCE	CONTACT INFORMATION / SUMMARY OF SERVICES
Serves: Individuals and Families	**Features/ Services:** Youth, family and community services; residential services; Encompass Health Care; food pantries, mental health services; disaster services. provides psychotherapy to individuals, families, and couples, and counseling for single, expectant parents and their families by professionally trained staff and NYS licensed clinical social workers. Service areas: personal development; pre-marital evaluations/counseling; marriage/relationship counseling; parent/child relationships; family therapy; separations/divorce adjustment; and school adjustment counseling. individual pre-natal and parenting instruction; counseling/groups for single parents; pro-life options in pregnancy planning; abortion-stress counseling; Offers Early Childhood STEP (birth – age 6) and STEP (Pre-teen ages 6-12) Parenting Classes to learn and use new skills to make parenting more effective; and individualized parenting instruction (Baby Steps).
Chemical Dependency Services Unit (CDSU) BROOME COUNTY NEW YORK	**ADDRESS:** 36-42 Main Street Binghamton **WEBSITE:** https://www.nyconnects.ny.gov/services/chemical-dependency-services-unit-sofabroop12278 **PHONE:** (607) 778-1253 **SOCIAL MEDIA:**
Serves: Substance users	**Features/ Services:** Provides brief chemical dependency assessments/monitors individual cases each month for the Department of Social Services (DSS). DSS relies on CDSU to act as liaison with treating agencies and as consultant with DSS staff when needed.
Christian Counseling Center CHRISTIAN COUNSELING CENTER	**ADDRESS:** 780 Harry L Drive Johnson City, NY 13790 **WEBSITE:** http://www.christiancounsel.us/ **PHONE:** (607) 729-7777 **SOCIAL MEDIA:**
Serves: General Population	**Features/ Services:** Treatment specialization includes: Therapy for Depression and Anxiety, Couples Counseling, Family Counseling, Parenting Support, Grief Counseling, Work and Career issues, Stress Management, Addiction & Recovery, Conflict Resolution. Professional & biblical counseling services
Clear Brook Inc Clearbrook TREATMENT CENTERS	**ADDRESS:** 1100 E Northampton St. – Laurel Run, PA 18706 **WEBSITE:** https://www.clearbrookinc.com/new-york-drug-treatment-center/binghamton-drug-treatment/ **PHONE:** 1 877-721-5585 **SOCIAL MEDIA:**
Serves: People with substance use disorders	**Features/ Services:** 28 day supervised, medicated detoxification method and a state-of-the-art **inpatient** facility. Local aftercare recommendations. Detoxification, addiction counseling, alcohol treatment, bath salts treatment, cocaine treatment, ecstasy treatment, heroin treatment, LGBTQ addiction treatment, marijuana treatment, meth treatment, opiate treatment, prescription drug treatment, rehab for pregnant women, relapse treatment and prevention
Community Treatment and Recovery Center (CTRC)	**ADDRESS:** Greater Binghamton Mental Health Care Center, 114 Clinton Street Binghamton NY 13905 **WEBSITE:** https://www.omh.ny.gov/omhweb/facilities/bipc/ **PHONE:** (607) 797-0680 **SOCIAL MEDIA:**

RESOURCE	CONTACT INFORMATION / SUMMARY OF SERVICES
Serves: Adults 18 yrs + with mental health concerns	**Features/ Services:** CTRC houses an adult **outpatient** clinic which offers comprehensive mental health services to individuals with qualifying DSM-IV diagnosis. Self-referrals accepted. Services based on individual needs and include: psychiatric evaluation, medication management, health screening, individual and group therapy, crisis intervention, self-help and recovery services, referral services for recovery center, employment training, and/or case management services
Cornerstone Family Healthcare	**ADRESS:** 35 Felters Road Binghamton **WEBSITE:** https://cornerstonefamilyhealthcare.org/medical-directory-cf/binghamton/ **PHONE:** (607) 201-1200 **SOCIAL MEDIA:**
Serves: People addicted to or dependent on opioids	**Features/Services:** Providing Suboxone treatment in their office, with a link to behavioral health services via telehealth.
CPEP (Mental Health Crisis)	**ADDRESS:** 10-42 Mitchell Ave Binghamton **WEBSITE:** https://www.nyuhs.org/care-treatment/psychiatric-services/ **PHONE:** (607) 762-2302 or 1-800-451-0560 PLEASE CALL **911** IN CASE OF EMERGENCY **SOCIAL MEDIA:**
Serves: General population with mental health concerns	**Features/ Services:** In-person emergency assessment/consultation**,** 24-hour crisis hotline**,** Mobile Crisis Outreach service (MCO)**,** Referrals and linkages to community, hospital and Services that provide a variety of services including counseling and therapy and educational presentations. The 24-hour crisis service is staffed by highly trained psychiatric nurses, social workers and paraprofessionals under the direction of a medical director/psychiatrist. All calls are free and confidential.
Crime Victims Assistance Center	**ADDRESS:** 377 Robinson Street Binghamton NY **WEBSITE:** http://www.cvac.us/services.html **PHONE:** 24/7 **Crisis Line:** (607) 722-4256 Text: (607) 725-8196 Office: (607) 723-3200 **SOCIAL MEDIA:**
Serves: Youth, general population	**Features/ Services:** A safe, welcoming environment for people who have been a victim of or affected by a crime. Providing free counseling to survivors and advocacy program. Educating our community and providing care with compassion. Services include: 24-hour crisis line, 24-hour advocacy to victims, free and confidential counseling for all victims of crime, case management services, education & prevention services, Office of Victim Services Compensation assistance, Broome County Child Advocacy Center, Legal Advocacy, Sexual Assault Response Team (MDT), Human Trafficking Task Force, Sexual Violence Prevention Coalition.
Dual Recovery	**ADDRESS:** 36- 42 Main Street Binghamton NY 13905 **WEBSITE:** http://www.gobroomecounty.com/mh/dualrecoveryproject **PHONE:** 607-778-1109 **SOCIAL MEDIA:**
Serves: Individuals with co-occurring mental health and substance use disorders	**Features/ Services:** Coordinate, improve and enhance treatment and ancillary services for individuals with co-occurring mental health and substance use disorders, especially those with the most serious and persistent mental illness and substance use problems. The Dual Recovery Coordinator also develops and sponsors many trainings

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Encompass Health Home Care Management	**ADDRESS:** 232 Main Street, Binghamton **WEBSITE:** http://encompasshealthhome.org/ **PHONE:** (607) 729-9166 **SOCIAL MEDIA:**
Serves: Medicaid eligible adults/ children with a chronic medical and/or behavioral health condition: 2 or more chronic medical conditions OR 1 single qualifying condition of: HIV/AIDS, AND/OR Serious Mental Illness (SMI) (Adults) Serious Emotional Disturbance (SED) OR Complex Trauma (Children)	**Features/Services:** assists individuals in their recovery journey, utilizing person centered practices and best practice health promotion services. Care Managers oversee and coordinate access to needed services, assuring that all needs are addressed in a comprehensive manner. Consumer Care Managers provide additional peer support to complement the continuum of care. Helping you take care of your family by making sure your child gets appointments with doctors, dentists, mental health providers or specialist and reminding you of your appointments, Inviting everyone you consider important to keeping your child healthy, safe and on track to a meeting to talk about how we can all do this together, Linking you and your child with others who have walked in your shoes and can let you know how they succeeded, Helping you and your child talk to those you love so they better understand you and what you need, Being available to help you and your child whenever needed, 24/7
Fairview Addiction Stabilization and Recovery Services	**ADDRESS:** 5 Merrick Street Binghamton NY 13904 **WEBSITE:** https://frsinc.co/ **PHONE:** (607) 722-4080 **SOCIAL MEDIA:**
Serves: people with the disease of alcoholism, chemical dependency, and co-occurring conditions	**Features/ Services:** Addiction Stabilization Center, Residential Rehabilitation Center for Men, Residential Rehabilitation Center for Women, Supportive Living, Shelter Plus Care, Voices Recovery Center, Housing Plus Care, Health Home Care Management. **Inpatient and Outpatient.**
Families Anonymous	**ADDRESS:** Father Sullivan Parish Center, 25 Doubleday St., Binghamton; St Paul's Episcopal Church 200 Jefferson Ave Endicott; **WEBSITE:** https://www.familiesanonymous.org/image/data/WSOF07USDirectory.pdf **PHONE:** 607-761-6970 (Binghamton), 607-341-2747 (Endicott, Saturday), 607-754-8027 (Endicott Wednesday) **SOCIAL MEDIA:**
Serves: Families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavioral problem	**Features/ Services:** 12 Step Fellowship, Anonymous Meetings, Reading Material

RESOURCE	CONTACT INFORMATION / SUMMARY OF SERVICES
Family and Children's Society	**ADDRESS: Whitney Point School,** 10 Keibel Road, Whitney Point, NY 13862; **Maine Memorial Elem School,** 2693 NY Rt 26, PO Box 218, Maine, NY 13802; **Union Endicott School,** 1100 East Main Street, Endicott, NY 13760; **Windsor Central High School,** 1191 NY Route 79, Windsor, NY 13865; **Johnson City School,** 601 Columbia Drive, Johnson City, NY 13790; **East Middle School,** 167 East Frederick Street, Rm 216, Binghamton, NY 13904-1214 **WEBSITE:** https://familycs.org/ **PHONE:** 607-729-6206 **SOCIAL MEDIA:**
Serves: General population	**Features/ Services:** An agency serving both adults and children with an array of services including Elder Counseling, the Family Mental Health Clinic (locations: 257 Main St. Binghamton, Johnson City Central School District, Windsor Central School District, and Binghamton East Middle School), Health Homes Care Management, Home Care services, Sexual Abuse Treatment Program, Vocational Incentives Program: vocational case management services designed to assist BC residents (18 & older) of mental health/substance use services to obtain and maintain competitive employment, School Based Family Support Centers (locations: Whitney Point Central School District, Union Endicott Central School District, and Maine Endwell Central School District), and an after school program for high school students in the Union Endicott Central School District. Accepts Medicaid and other insurance and works with individuals and families to ensure access.
Family Support Navigator	**ADDRESS:** 30 West State Street, 2nd Floor Binghamton, New York 13901 **WEBSITE:** https://for-ny.org/family-support-navigators/ **PHONE:** (607) 422-4242 **SOCIAL MEDIA:**
Serves: Families of addicts	**Features/Services:** Assists families and individuals with gaining an increased understanding of the progression of addiction and how to navigate insurance and treatment systems.
Four Seasons Club	**ADDRESS:** 232 Main Street Binghamton **WEBSITE:** https://www.catholiccharitiesbc.org/programs/mental_health/clubs_community_programs.html **PHONE:** (607) 773-1184 **SOCIAL MEDIA:**
Serves: Adults 18 and older with a psychiatric disability	**Features/ Services:** a program that operates a clubhouse with work units that are designed to help members achieve or regain the confidence and skills necessary to lead vocationally productive and satisfying lives. The work units include kitchen, snack bar, maintenance, clerical, thrift store, and develop employment skills. **Recreational Program** takes place Thurs/Fri 2:30-5:30 pm (transportation provided for rec program only)
Greater Binghamton Health Center	**ADDRESS:** 425 Robinson Street Binghamton NY 13904-1735 **WEBSITE:** https://www.omh.ny.gov/omhweb/facilities/bipc/ **PHONE:** (607) 724-1391 **SOCIAL MEDIA:**

RESOURCE	CONTACT INFORMATION / SUMMARY OF SERVICES
Serves: Adults and children in need of mental health treatment	**Features/ Services:** Mental health services, residential care, comprehensive **inpatient and outpatient** treatment services. **Child and Adolescent Behavioral Health Center -** 9 separate programs with C & A inpatient which is a 16-bed unit. The Child and Adolescent Behavioral Health Center provides clinic services to those under 18 years of age, and a Children and Youth Mobile Integration Team provides services to children through community agency consultations Open Access hours will be: Monday, Wednesday and Friday from 8:30-11:00 Tuesday and Thursday from 1-3:30.
Helio Health/Detox	**ADDRESS:** 249 Glenwood Road Binghamton **WEBSITE:** https://www.helio.health/treatment-programs/inpatient-detoxification/ **PHONE:** (607)298-3072 **SOCIAL MEDIA:**
Serves: Substance users, priority to pregnant I.V. drug users, pregnant women, I.V. drug users, and parents who have lost or are at risk of losing custody of their children due to substance abuse	**Features/ Services:** Treatment for those who are temporarily incapacitated by alcohol or other substances, 24 Hour Medical and Clinical Staff, withdrawal management, a starting place for recovery
HOME Program, UHS	**ADDRESS:** In home service **WEBSITE:** https://www.nyuhs.org/care-treatment/psychiatric-services/ **PHONE:** (607) 763-5600 **SOCIAL MEDIA:**
Serves: Individuals aged 60+ years	**Features/ Services:** short term counseling (anxiety, depression, grief, etc.) for ages 60 and above-- free of charge to Broome County residents who are living independently—counseling takes place in the home
Hope (Candle house) Teen Challenge	**ADDRESS:** 401 Mirador Drive, Vestal, NY 13850 **WEBSITE:** https://teenchallengeusa.org/ **PHONE:** (607) 786-3669 **SOCIAL MEDIA:**
Serves: Women aged 18+ (programs available for men in Syracuse)	**Features/ Services:** 18-month treatment for substance addiction and emotional disorders, rehabilitation, life skills. Not medical, healing from pain of the past based on Jesus Christ and the word of God.
Inside/Out Mentor Network	**ADDRESS:** **WEBSITE:** https://insideoutnetwork.net/about **PHONE:** (607) 242-4776 **SOCIAL MEDIA:**
Serves: Inmates and Returning Citizens	**Features/ Services:** Connecting inmates and returning citizens to God, each other, the local community, and the local church. Connecting service providers, churches, and volunteers who are working inside and outside of prison to each other.
Lourdes Center for Mental Health	**ADDRESS:** 184 Court Street Binghamton **WEBSITE:** https://healthcare.ascension.org/Locations/New-York/NYBIN/Binghamton-Lourdes-Center-for-Mental-Health **PHONE:** (607) 584-4465 **SOCIAL MEDIA:**

RESOURCE	CONTACT INFORMATION / SUMMARY OF SERVICES
Serves: General population	**Features/Services:** a New York State Office of Mental Health (OMH) licensed **outpatient** mental health clinic. The clinic provides: psycho-social and psychiatric assessment and treatment, adult/children, family and group psychotherapy and psychopharmacologic medication management. Accepts Medicaid and other insurance and works with individuals and/or families to ensure access.
Lourdes Death of Overdose Support Group LOURDES | Ascension	**ADDRESS:** Lourdes Hospice, 4102 Old Vestal Road, Vestal **WEBSITE:** https://www.lourdes.com/events/support-groups/overdose-support/ **PHONE:** 607-584-9160 **SOCIAL MEDIA:**
Serves: Individuals and families dealing with the death of a loved one from an overdose	**Features/ Services:** Lourdes Hospital will be offering a 6-week support group each Thursday from 5:00-6:30 PM for children and a separate support group for adults who are grieving an opioid-related death. The adult and child support groups will take place in separate rooms. The groups are led by certified social workers and will help address the unique challenges and emotions associated with this type of loss and grief. Registration is required.
Lourdes Youth Substances Abuse Prevention LOURDES | Ascension	**ADDRESS:** 185 Court Street Binghamton **WEBSITE:** https://healthcare.ascension.org/Locations/New-York/NYBIN/Binghamton-Lourdes-Youth-Services **PHONE:** (607) 584-4800 **SOCIAL MEDIA:**
Serves: General Population	**Features/Services:** Providing alcohol, tobacco, heroin and opioid education to the community & schools, prevention counseling in school districts
Mental Health Association of the Southern Tier MHAST | Mental Health Association of the Southern Tier, Inc.	**ADDRESS:** 48 Broad Ave, Binghamton NY 13904 **WEBSITE:** https://mhast.org/ **PHONE:** (607) 771-8888 **Our House:** (607) 771-8888 x 350 **Mobile Crisis Team:** 607-766-1369 **SOCIAL MEDIA:**

RESOURCE	CONTACT INFORMATION / SUMMARY OF SERVICES
Serves: Adults and children	**Features/ Services:** Information and resource referrals, educational presentations, prevention programs, and counseling and advocacy. **Project Uplift Program** – Adult case management, **MHAST Crisis Intervention Team -** training to first responders for crisis situations involving behavioral health**. Medicaid Care Coordination –** develop individualized plans for healthcare. **Mobile Crisis Services -** provides the community with on-demand services for individuals experiencing a behavioral health crisi**s.** Mobile Crisis Service is designed to help de-escalate crisis situations on site and help avoid the traumatic and often unnecessary transport to the emergency room. Using a person-centered approach, they work quickly to understand the unique needs of the individual, and provide the most appropriate treatment possible within the least restrictive environment **Our House** a short-term care and intervention strategy for individuals who have a mental health or co-occurring diagnosis and are experiencing challenges in daily life that create risk for an escalation of symptoms that cannot be managed in the individual's home and community environment without onsite support**. Self Help Independence Project** – Self-directed programs for recovery **Sunrise Wellness Center** – peer run program promoting recovery for those with mental health difficulties including wellness training, educational presentations, smoking cessation, healthy relationships, employment readiness, creative expressions groups, reading lounge. **Men's Group** (Mon 11am-noon), **Women's Group** (Tues 10-11:30am), **Peer Meditation** (1-1;30 pm every Monday) **General Peer Support** (Mon 1:30-3 pm) **Endicott Support Group** 1st United Methodist Church 53 McKinley Ave Endicott Wednesday 4-5 pm)
Narcotics Anonymous	**ADDRESS: Monday** – 44 Main Street Binghamton; 20 Mitchel Ave Binghamton, 11 Brandywine Hwy Binghamton, 168 Susquehanna Street Binghamton; **Tuesday -** 44 Main Street Binghamton, 83 Main Street Binghamton, 42 Chenango Street Binghamton; **Wednesday** - 44 Main Street Binghamton, 284 Robinson Street, 438 Chenango Street Binghamton **Thursday –** 44 Main Street Binghamton, 83 Main Street Binghamton, 42 Chenango Street Binghamton; **Friday -** 44 Main Street Binghamton, 42 Chenango Street Binghamton, 11 Brandywine Hwy Binghamton, 72 Main Street Binghamton **Saturday -** 44 Main Street Binghamton, 83 Main Street Binghamton; **Sunday –** 43-45 Carroll St. Binghamton, 61 Susquehanna St. Binghamton, N.Y, 11 Brandywine Hwy Binghamton. **WEBSITE:** https://www.tcana.net/ **PHONE:** (607) 762-9116 **SOCIAL MEDIA:**
Serves: People who have a drug problem	**Features/ Services:** NA is a 12-step program that is similar to the other non-profit organization: Alcoholics Anonymous. This program is designed to help people who have a drug problem. However, not every drug addict can enter NA and have success. It takes a good level of will power to make it through.
National Runaways Switchboard	**ADDRESS:** 3141 B N. Lincoln Chicago, Illinois 60657 **WEBSITE:** https://www.1800runaway.org/ **PHONE:** 1-800-786-2929 **SOCIAL MEDIA:**
Serves: Youth, Parents	**Features/ Services:** For youth and teens -confidential and nonjudgmental line to call when you are thinking of running away or already have. For parents, NRS can offer support and resources for your family. Training and education initiatives connect providers, communities, families and youth with the tools they need to prevent youth homelessness and to address needs before a crisis escalates.

RESOURCE	CONTACT INFORMATION / SUMMARY OF SERVICES
National Suicide Prevention Lifeline	**ADDRESS:** **WEBSITE:** https://suicidepreventionlifeline.org/ **PHONE:** 1 800 273-8255 **SOCIAL MEDIA:**
Serves: People contemplating suicide	**Features/ Services:** national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.
New York State Office of Mental Health (OMH)	**ADDRESS:** 44 Holland Ave, Albany, NY **WEBSITE:** https://omh.ny.gov/ **PHONE:** 1-800-597-8481 **SOCIAL MEDIA:**
Serves: People who are mentally ill	**Features/ Services:** Psychiatric Centers with various inpatient and outpatient programs, emergency, community support, residential and family care programs
New Horizons/ UHS	**ADDRESS:** 44 Mitchell Ave, Binghamton **WEBSITE:** https://www.nyuhs.org/care-treatment/addiction-medicine/inpatient-services-uhs-binghamton-general-hospital-new-horizons/ **PHONE: Outpatient:** (607) 762-3288 **Inpatient:** (607) 762-2255 **24 Hour Crisis Line** (607)762-2257 **SOCIAL MEDIA:**
Serves: Persons with substance use disorders	**Features/ Services:** Holistic approach for treating substance use disorders: Treat alcohol and opioid withdrawal with buprenorphine/ naloxone, Individual and group counseling, structured activities, and educational sessions. Includes intensive outpatient, step down, aftercare (men's & women's), recovery management, recovery life skills, criminal justice, DWI, dual disorders and early intervention groups along with a weekly community family educational program & Baby Basics. **Inpatient and outpatient**.
Oakdale Psychology Associates	**ADDRESS:** 116 Clayton Ave Vestal **WEBSITE:** https://www.oakdalepsychology.com/ **PHONE:** (607) 754-1101 **SOCIAL MEDIA:**
Serves: General Population	**Features/Services:** a multidisciplinary private practice owned by Dr. Jerry Duvinsky and Dr. Susan Blue, handicap accessible & convenient to public transportation. They are proud to offer quality behavioral and mental health services by highly trained and dedicated mental health professionals from various disciplines
On Track NY (GBHC)	**ADDRESS:** 114 Clinton Street Binghamton **WEBSITE:** https://ontrackny.org/ **PHONE:** (607) 797-0680 **SOCIAL MEDIA:**
Serves: Adolescents and young Adults aged 16- 30 years with non affective psychosis (DSM5). Other eligibility criteria listed on site.	**Features/Services:** An innovative treatment program for adolescents and young adults who have had unusual thoughts and behaviors, or who have started hearing or seeing things that others don't (an initial schizophrenia episode). OnTrackNY helps people achieve their goals for school, work, and relationships.

RESOURCE	CONTACT INFORMATION / SUMMARY OF SERVICES
Open Access Program	**ADDRESS:** 10 Mitchell Ave Binghamton **WEBSITE:** https://www.nyuhs.org/care-treatment/addiction-medicine/ **PHONE: Suboxone:** (607) 762-2901 **Methadone:** (607) 762-2800 **SOCIAL MEDIA:**
Serves: Substance Users	**Features/ Services:** Open access assessment – no appointment needed. On-site Medication Assisted Treatment (MAT), assistance in finding housing, transportation, childcare and employment, as well as an on-site monthly contraception clinic. Patients are also offered individual and group counseling, including therapy, activity and education groups designed to educate about the disease of addiction, relapse prevention and how to restructure life around positive patterns and activities. Family counseling and support is available as well.
Operation SAFE Project (Treatment)	**ADDRESS:** 45 Hawley Street #4, Binghamton NY **WEBSITE:** https://paariusa.org/2016/02/08/broome-county-n-y-district-attorneys-office-joins-p-a-a-r-i-launches-operation-s-a-f-e/ **PHONE:** (607)778-6119 **SOCIAL MEDIA:**
Serves: People with substance use disorders	**Features/ Services:** Connects addicts with treatment facilities that are ready, willing, and able to provide treatment **at low or no cost to the addict**
Outpatient Mental Health, UHS	**ADDRESS:** 33 Mitchell Ave Binghamton **WEBSITE:** https://www.nyuhs.org/locations/locations-profile/?searchId=36d0b9bd-37ec-e911-a827-000d3a611c21&sort=15&id=244 **PHONE:** (607) 762-2340 **SOCIAL MEDIA:**
Serves: General Population	**Features/Services:** an OMH licensed clinic that is specially designed to meet the emotional and psychological needs of adults (18 and older) with mental health/substance abuse concerns or issues. In a confidential, supportive environment, the clinic strives to make individuals as comfortable as possible and ensure individuals receive quality care. Their dedicated team of professionals provide a caring, supportive environment that will help achieve optimal well-being. Services offered at UHS OPMH include: complete mental health assessment, psychiatric evaluation and diagnosis, medication management for psychiatric disorders, group therapy, individual psychotherapy, and coordination of care with other community providers.
Salvation Army Adult Rehabilitation Center	**ADDRESS:** 3-5 Griswold St, Binghamton, NY 13904 **WEBSITE:** https://www.salvationarmyusa.org/usn/combat-addiction/ **PHONE:** (607)723-5381 **SOCIAL MEDIA:**
Serves: Individuals with drug and alcohol addictions and their families	**Features/ Services:** Holistic work therapy, group and individual counseling sessions, spiritual direction, and life-skills development meant to help members to abandon substance reliance, build work and social skills, regain health and stability, and reconnect with their families
Samaritan Counseling Center of the Southern Tier	**ADDRESS:** 3001 East Main Street Endwell NY 13760-4817 **WEBSITE:** http://www.samaritancounseling.org/ **PHONE:** (607) 754-2660 **SOCIAL MEDIA:**

RESOURCE	CONTACT INFORMATION / SUMMARY OF SERVICES
Serves: General population	• **Features/ Services:** Clinically trained, licensed professionals specifically trained to respect the client's spiritual and religious values and practices. Services: Abuse Counseling, Anger Management, Anxiety Counseling, Depression Counseling, Eating Disorders, Family Counseling, Grief & Loss Counseling, Kids & Teen Counseling, Loneliness, Opioid Addiction Counseling, School Problems, Sex Trafficking, Sexual Abuse, Sexual Identity Counseling, Stress, Substance Abuse Counseling, Trauma Counseling (EMDR, PTSD)
Substance Abuse and Mental Health Services Administration (SAMHSA)	**ADDRESS:** 5600 Fishers Lane, Rockville, MD 20857 **WEBSITE:** https://www.samhsa.gov/ **PHONE:** 877-SAMHSA-7 (726-4727), **TTY:** 800-487-4889 **National Helpline:** 800-662-HELP (4357) **Drug-free helpline:** 1-800-WORKPLACE (967-5752) **SOCIAL MEDIA:**
Serves: General Population	**Features/ Services: Medication Assisted Treatment** (MAT) and counseling, Buprenorphine Practitioner Locator, Drug Free Workplace: assists employers and union representatives with policy development, drug testing, employee assistance, employee education, supervisor training, and program implementation.
Southern Tier Drug Abuse Treatment Center	**ADDRESS:** 10 Mitchell Ave Binghamton NY **WEBSITE:** **PHONE: UHS Methadone Clinic:** (607) 762-2800 **UHS Suboxone Clinic:** (607)762-2901 **SOCIAL MEDIA:**
Serves: People with Substance abuse Disorders	**Features/ Services:** Drug and alcohol detox and rehabilitation services with the primary focus on substance abuse treatment. Provides **outpatient** methadone maintenance and counseling for opiate addiction.
Stepping Stone Drop-In Center	**ADDRESS:** 277 Front Street Binghamton **WEBSITE:** https://www.catholiccharitiesbc.org/ **PHONE:** (708)773-3204 **SOCIAL MEDIA:**
Serves: Those with mental health issues	**Features/ Services:** Self-help/advocacy resources available as well as support groups, education, and social opportunities.
Syringe Exchange JC	**ADDRESS:** 277 Main Street Johnson City 13790 **WEBSITE:** http://fixsafe.org/locations **PHONE:** (607) 237-4097 ext. 209 **SOCIAL MEDIA:**
Serves: People who currently inject substances	**Features/ Services:** Syringe access and comprehensive risk reduction services. From anonymous syringe exchange services to confidential navigation and care coordination services for young Intravenous Drug Users (IDUs). If you are currently injecting drugs or hormones and would like more information about free injection supplies (syringes, alcohol pads, sterile water, cottons, etc.) please stop into one of our fixed exchange sites (located in Johnson City, Ithaca and Norwich)
The Trevor Project	**ADDRESS:** 575 8th Ave New York, New York **WEBSITE:** https://www.thetrevorproject.org/ **PHONE: Trevor Lifeline:** 1 866 488-7376 **SOCIAL MEDIA:**
Serves: LGBTQ people ages 13-24	**Features/Services:** The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

RESOURCE	CONTACT INFORMATION / SUMMARY OF SERVICES
Truth Pharm	**ADDRESS:** 42 Chenango Street Binghamton **WEBSITE:** http://truthpharm.org/ **PHONE:** (607) 348-3302 **SOCIAL MEDIA:**
Serves: General Population	**Features/ Services:** Raises awareness, reduces the stigma, educates the public and advocates for policy change to reduce the harms caused by substance use. Services include family support, education, corporate education, policy analyses, data collection and navigating and correcting the systems of care related to substance use. We are a NYS Registered Opioid Overdose Prevention Program and can provide overdose reversal training and Narcan kits.
Upstate NY Eating Disorder Service	**ADDRESS:** 1003 Walnut Street, Elmira **WEBSITE:** http://unyed.com/ **PHONE:** (607) 732-5646 **SOCIAL MEDIA:**
Serves: Individuals with eating disorders	**Features/Services:** The Nutrition Clinic & Sol Stone Center -intensive outpatient (IOP) centers are in Elmira, Syracuse (Liverpool), Ithaca, Binghamton (Vestal) NY. The treatment program is group based and provides a full range of multidisciplinary services including psychotherapy, art therapy, yoga, Dialectical Behavioral Therapy (DBT) skill-focused groups, as well as supervised eating. The program is three days a week from 4:30-7:30PM.
Voices Recovery Center	**ADDRESS:** 340 Prospect Street Johnson City **WEBSITE**: https://frsinc.co/services/voices-recovery-center/ **PHONE:** (607) 821-7811 **SOCIAL MEDIA:**
Serves: Those in Recovery or seeking recovery; family and friends of those in recovery; those who have lost someone to addiction.	**Features/Services:** Recovery coaches and peer advocates available. Helping Hopeful Hearts for Parents (support for parents with children who have substance use disorders) Mondays 6-8 pm/Brand New (faith based) Tuesdays 7-9:30pm/Into Action (recovery support) Tuesdays 8:30-10 pm/Recovery Devotions (meditations) Wednesdays 1:30-2:30 pm/Men's Peer Support Thursdays 1:30-2:30 pm/ Women's AA Thursdays 6-7 pm/12 step workshops Fridays 11 am-12 pm//Rainbow Support Group (LGBTQIAP Support) Saturdays 3-4 pm, Heroin Anonymous Wednesdays 6 pm. All services are **free and confidential**. Free transportations to programs (must call ahead).
YWCA	**ADDRESS:** 80 Hawley Street Binghamton N.Y 13901-0340 **WEBSITE:** https://ywcabinghamton.org/ **PHONE:** (607) 772-0340 **SOCIAL MEDIA:**
Serves: Women and their children	**Features/Services:** Providing supportive living and individual case management services for women and their children facing substance abuse problems and includes the **Bridge Program** which offers residential services for women with opioid addicted babies.

SUBSTANCE USE SERVICE	DESCRIPTION/ HOW TO ACCESS
Books	Alcoholism the Genetic Inheritance, Kathleen W. Fitzgerald An Adult Child's Guide to What's "Normal," John Friel/Linda Friel Beyond Addiction: How Science and Kindness Help People Change, Carrie Wilkens, PhD, Nicole Kosanke, PhD & Jeff Foote, PhD Beyond Codependency, Melody Beattie Codependency for Dummies, Consumer Dummies Staff, Darlene Lancer Codependent No More, Melody Beattie Courage to Change, Al-Anon Family Groups Dear Kids of Alcoholics, Lindsey Hall Facing Codependence, Pia Melody Getting Them Sober, volume one -- you CAN help! Toby Drews One Day at A Time, Al-Anon Family Groups Paths to Recovery: Al-Anon's Steps, Traditions and Concepts, Al-Anon Family Groups Unbroken Brain: A Revolutionary New Way of Understanding Addiction, Maia Szalavitz The Adult Children of Alcoholics Syndrome, Al-Anon Family Groups The Language of Letting Go, Melody Beattie The Responsibility Trap, Claudia Boyko with JoAnn Krestan What Addicts Know: 10 Lessons from Recovery to Benefit Everyone, Christopher Kennedy Lawford When Your Partner has an Addiction, Christopher Kennedy Lawford Why Don't They Just Quit? What families and friends need to know, Joe Herzanek Recovering My Kid: Parenting Young Adults in Treatment and Beyond, Joseph Lee, MD

SUBSTANCE USE SERVICE	DESCRIPTION/ HOW TO ACCESS
Digital Media	• Governor Cuomo's videos on accessing treatment https://www.governor.ny.gov/news/governor-cuomo-launches-video-series-educate-and-inform-new-yorkers-about-addiction-treatment • Center for Motivation and Change http://addictionthenextstep.com/interactive-guide/# • Portrait of Recovery https://billmoyers.com/content/moyers-on-addiction-close-to-home/ • Addiction Recovery Guide Addiction and recovery resources https://www.addictionrecoveryguide.org/ • Medication-Assisted Treatment eBook for Parents & caregivers of Teens & Young adults addicted to opioids https://drugfree.org/wp-content/uploads/2017/02/Medication-Assisted-Treatment-ebook.pdf • Addiction and the Family: Healing and Recovery (podcast) http://store.samhsa.gov/product/Addiction-and-the-Family-Healing-and-Recovery/DVD252 • https://store.samhsa.gov/product/A-Guide-for-Taking-Care-of-Your-Family-Member-After-Treatment-in-the-Emergency-Department/sma18-4357eng • https://store.samhsa.gov/product/it-feels-so-bad/sma12-4160 • https://www.nowaddictiontreatment.com/request.php?kw=samhsa%20substance%20abuse&m=bp&nw=oNetwork&msclkid=4a773b1acdc61f6bf3ff66cf8a77a63c • https://www.store.samhsa.gov/product/What-Is-Substance-Abuse-Treatment-A-Booklet-for-Families/SMA14-4126
I Think My Child is Using	https://drugfree.org/article/look-for-warning-signs/
I Know My Child is Using	https://drugfree.org/article/prepare-to-take-action/
Local Medication Drop Boxes	• Endicott Police Department 1101 Park Street Endicott, NY 13760 • Broome County Office Building 60 Hawley Street Binghamton, NY 13901 • Broome County Library 185 Court Street Binghamton, NY 13901 • Broome County Sheriff's Office 155 Lt. Van Winkle Drive Binghamton, NY 13905
Local Private Therapists	• Patricia Jordan LCSW-R 607-953-4125 4513 Old Vestal Road Vestal, NY 13850 • Ruth E. Ferrari MS, CNS, NPP 607-729-7001 x319 4513 Old Vestal Road Vestal, NY 13850
Local Recovery Coach	Donald E. Bergin, M.A., CARC NYS Certified Addiction Recovery Coach phone 607-722-6644
Religious & Spiritual Services	Monday - Inside/Out- Crossroads of Life Church 7pm Tuesday - Addiction & Co-dependent Recovery-Calvary's Love 7pm Wednesday - Celebrate Recovery 1st Assembly 7 pm pre-meeting meal at 5:30pm Thursday - Brand New-Addiction & Co-Dependent Recovery Two Rivers Church 7pm Friday - Inside/Out Coffee Talk (women only) Crossroads of Life Church 4pm
10 Steps to The Art of Wellness (Kevin Hines)	https://www.youtube.com/watch?v=kVYv6ggWUUY&list=PLaAelpJCpnYOo-1sIU9fu9O8OZbXN3sDO

SUBSTANCE USE SERVICE	DESCRIPTION/ HOW TO ACCESS
Co-Occurring Disorder Toolkit	https://ireta.org/resources/sbirt-toolkit/
Mental Health and Addiction Insurance Help	https://www.hhs.gov/programs/topic-sites/mental-health-parity/mental-health-and-addiction-insurance-help/index.html
Substance Abuse & Mental Health Services Administration	https://www.samhsa.gov/

MENTAL HEALTH SERVICE	DESCRIPTION/ HOW TO ACCESS
Adult Bereavement Support Group	This group is a drop-in format and meets each Tuesday from 6-8 p.m. Location: 300 Main St. Vestal NY contact Rev Ernest Steffensen at (607)770-7670. Donation appreciated.
After a Suicide Death: An Activity Book for Grieving Kids	https://whatsyourgrief.com/after-a-suicide-death-an-activity-book-for-grieving-kids/
Bereaved Parent Group	Support for parents whose child has died, as well as for other family members and friends. Groups meet the 1st Monday of each month at 7 pm and the 3rd Saturday at 10 am. at the Nimmonsburg Methodist Church, 918 Upper Front St, Binghamton contact Pam Kroft, Chapter Leader at (607) 239-4222 for more information.
Chenango County Spousal Grief Support Group	This group is for someone who has lost a spouse. Meetings are the 1st Wednesday of the month. Contact Brionna at 607-334-3556 for more information.
Compassionate Friends	https://www.compassionatefriends.org/find-support/chapters/chapter-locator/ https://www.compassionatefriends.org/find-support/to-the-newly-bereaved/
DORS (Death from an Overdose Recovery Support) Group	Closed group for 6 weeks from 5:00 PM to 6:30 PM at Lourdes At Home/Lourdes Hospice on 4102 Old Vestal Road. Also piloting a children's group. (JDORS) for the children that have lost a parent to an opioid overdose. These groups run simultaneously. JDORS will be held in the children's playroom, while the adult DORS group will be held in the conference room. Both groups will have facilitators and co-facilitators and will follow a curriculum format. Contact Marie Halecki at **584-9160.**
Family Ties (mental health of a loved one)	Meets each Wednesday @ 6:30pm BGH 10 Mitchell Ave upstairs R Binghamton, NY phone (607) 762-2887 for more information.
GBHC Family Support Group	meets the 1st Monday of the month @ noon at GBHC-Garvin Binghamton, NY phone **(607-773-8229)** or dgioia@stny.rr.com for more information. Anyone is welcome.
Guthrie Community Bereavement Support Groups	Contact Rev Jeff Wilkinson phone **(570) 265-8615**
HALos (Help After Loss)	This resource is for those who have experienced a loss of any kind. HALos volunteers specialize in grief work with children and families. Group and individual support offered. **Phone (607) 639-HALO (4256)** for more information or visit www.helpafterloss.com.

MENTAL HEALTH SERVICE	DESCRIPTION/ HOW TO ACCESS
Lourdes Hospice Bereavement Program	Free adult support groups and individual sessions for men and women throughout the year at the Vestal office. Groups and individual sessions are available to anyone who has lost a loved one, not just a loss through Lourdes Hospice. Once a support group has begun, no new members may join, but you may sign up to start the next group. Please fill out enrollment form and mail to: Lourdes Hospice, 4102 Old Vestal Rd. Vestal, N.Y. 13850. Attn: Bereavement Team. For the benefit of each group participant, family members may not attend the group together. All groups and individual sessions are held at the Vestal office at 4102 Old Vestal Road, Vestal, N.Y. 13850. We offer one to four individual bereavement sessions per individual or family, by appointment only. Please contact The Bereavement Team with any questions at (607)798-5692. ACBC Grief Recovery Group (community) Thursdays from 6- 8 pm at the Addiction Center of Broome County 30 W State Street 2nd floor Binghamton NY 13901-contact Jill Lloyd (607)422-4242
NYS Office of Mental Health Continuing Education	https://www.omh.ny.gov/omhweb/bps/
Patients Like Me (online support for people living with Major Depressive Disorder)	https://www.patientslikeme.com/join/mdd?utm_source=facebook&utm_medium=cpc&utm_campaign=general_mdd19_interest_lp1_title20_copy27_description7_image916_000136
Preventing Suicide: A Toolkit for High Schools	https://store.samhsa.gov/shin/content/SMA12-4669/SMA12-4669.pdf
Suicide Loss Support Group	Having the support of others who understand your loss can be a valuable part of the grieving process. Tales place on the first and third Tuesdays of the month from 6:30-8pm Facilitated by Sheila McCue, LCSW Phone **607-272-1505** Located at Suicide Prevention & Crisis Service 124 E. Court St. Ithaca, NY
Suicide Prevention, Didi Hersch	http://didihirsch.org/suicide-prevention-resources
Widows & Widowers of the Southern Tier	Meetings are a social breakfast format. Everyone welcome. Group meets on Wednesdays at 9 a.m. at Denny's Restaurant, Vestal. Phone (607) 798-9660 for more information or on Tuesdays at 8:30 a.m. at the Blue Dolphin Restaurant, 434 NY-17, Apalachin, NY contact Helen at **748-0937** for more information.
Zero Suicide Tool Kit	http://zerosuicide.sprc.org/toolkit

Housing

RESOURCE	CONTACT INFORMATION / SUMMARY OF SERVICES
American Red Cross	**ADDRESS:** 620 East Main Street Endicott NY 13760-5026 **WEBSITE:** https://www.redcross.org/local/new-york/western-and-central-new-york/about-us/locations/southern-tier-chapter.html **PHONE:** (607) 785-7207 **SOCIAL MEDIA:**
Serves: General population, providers	**Features/ Services:** Educational resources and classes, disaster and emergency relief services.