



SUBSTANCE ABUSE

killing your buzz...
saving your life...

Arms Acres 845.225.3400 Carmel

Professional treatment to those suffering from chemical dependency, co-occurring medical and mental health disorders and to those impacted by the disease of addiction

Dynamic Youth Community 845.434.3370 Fallsburg

Residential long-term treatment (30 days or more) program and housing services for people in recovery ages 15-23.

Never Alone Inc. 845.339.4272 Hurley

Long-term, 6-12 month, 22-bed coed inpatient program for adolescents who are chemically dependent.

Samaritan Daytop Village

Residential long-term treatment (30 days or more) program and housing services for men and women struggling with addiction.

845.647.8006 Residential Program in Ellenville

845.647.6575 Cape Road in Ellenville

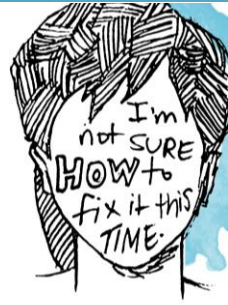
845.647.4592 Women's Veteran in Ellenville

Villa Veritas Foundation 845.626.3555 Kerhonkson

NYS OASIS certified short-term, in-patient 12-step Drug and Alcohol Addiction Treatment Program for detoxification and substance abuse treatment.

Step One 845.691.9191 Highland or Ellenville 845.647.5400

Outpatient alcohol and substance abuse treatment program that offers a range of services to adolescents and adults, including specialty programs for DWI and MICA populations. Treatment is provided through individual, group, family and couple's therapy.



HEALTH

they have answers,
and they're pro.

Astor Services for Children & Families 845.419.0852 New Paltz

Provides children's mental health services, child welfare services, and early childhood development programs.

Ellenville Regional Hospital 845.647.6400 Ellenville

Essential, life-saving care, and vital compassionate support to our immediate community and to patients within a 30-mile radius.

Hudson Valley Mental Health 845.486.2703 New Paltz or 845.486.2703 Ellenville

Comprehensive and integrated services to meet the behavioral health needs of adults.

Institute of Urban Family Health 845.331.2355 Port Ewen or 845.647.4500 Ellenville

Improve access to high quality, patient-centered primary health care targeted to the needs of medically underserved communities.

Integrated Feeling Therapy Center 845.255.4143 New Paltz

Guided by a highly-skilled IFT therapist, clients will safely explore and feel these traumas, connecting and integrating valuable insights into their adult lives.

Mid-Hudson Valley Planned Parenthood 845.562.7800 Kingston

Providing a wide range of comprehensive sexual health services. Chat online now or text "PPNOW" to 774636 (PPINFO) to get answers about pregnancy, birth control, emergency contraception, STDs, and abortion.

Rose Women's Care Services 845.706.6459 Highland

Provide information, conduct educational events, and make referrals in order for women and their families to make empowered choices for their health and well-being.



LGBTQ

people who
get it.

Hudson Valley LGBTQ Community Center 845.331.5300

Providing services, professional resources, and programs that unite the lesbian, gay, bisexual, transgender, and queer/questioning community across lines of age, race, gender, and economics.



TRAFFICKED + EXPLOITED YOUTH

you deserve better.
you always
deserved better

**Safe Harbour Program 845.340.3927 Ulster County DSS

If you identify a youth that is 18 who is being trafficked or is at risk, please contact Safe Harbour at 845.340.3927 or the FAMILY of Woodstock Hotline 845.679.2485.

Ulster County Family Child Advocacy Center 845.334.5155 Kingston

Investigates incidents of child abuse, domestic violence, and assaults on the elderly to insure that existing resources are employed in an efficient and an effective manner.

Worker Justice Center of New York 845.331.6615 Kingston

Specialize in Legal Aid & Pro Bono Services for civil rights, employment, and immigration.



DATING + SEXUAL VIOLENCE

love shouldn't
hurt like this.

Crime Victims Assistance Program 845.340.3443

Full array of supportive, compassionate services for anyone who has been a victim of a crime. Call 24/7 or stop by the office to receive assistance. An advocate is available whether or not you choose to report the crime to the police.

Love is Respect Peer Advocates Info 1.866.331.9474 or Text "loveis" to 22522

Highly-trained peer advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. Free and confidential phone, live chat and texting services are available 24/7/365.

MY SAFE PEOPLE

A FRIEND I CAN TALK TO:

AN ADULT I CAN TALK TO:



a

POCKET GUIDE

to local help
for youth

**Ulster County
Safe Harbour Program
Southern Services**



SAFE SPACE

a place to
catch your breath

FAMILY of Woodstock, INC.

Whether you want information about something in the community, you are looking for a professional referral, or you need someone to talk to in the middle of the night, FAMILY volunteers are there for you.

Family of New Paltz
845.255.8801

51 North Chestnut Street
New Paltz, NY 12561

Family of Ellenville
845.647.2443

221 Canal Street
Ellenville, NY 12428

Midway of Ellenville
845.647.1346 Ellenville

3 Warren Street
Ellenville, NY 12428

New Paltz Youth Program
845.255.5140 New Paltz

220 Main St.
New Paltz, NY 12561

Plattekill Public Library
845.883.7286 Modena

2047 State Route 32
Modena, NY 12548

Rosendale Youth Center
845.616.8982 Rosendale

1055 Rte 32
Rosendale, NY 12472



HOT-LINES

no judgement
just a listening ear.

FAMILY of Woodstock: CALL or TEXT

845.679.2485

textmeback.org

Support with food, shelter, substance abuse, suicidal thoughts, and bullying, personal safety, counseling, loneliness, employment and health issues.

Single Point of Access/Accountability (SPOA)

845.340.4149 OR 845.340.4174

Facilitating timely access and linkage to an array of intensive OMH services for high risk adults, children/adolescents and families. SPOA services are designed to promote recovery.

Suicide Prevention, Education, Awareness & Knowledge (SPEAK)

845.340.4110

Suicide response team that provides assistance to individuals, families, schools or organizations in the event of a suicide

Ulster County Sexual Assault & Domestic Violence Hotline

845.340.3442

The Ulster County Crime Victims Assistance Program offers this 24 hour confidential hotline with trained crisis counseling volunteers.

Ulster County Mobile Mental Health

1.844.277.4820

Operated by ACCESS: Supports for Living, between the hours of 10am-10pm. Service available to Ulster County residents at No Charge.

Worker Justice Center of New York

1.800.905.9644

a quick refresh of THE BASICS

EXPLOITATION Taking advantage of someone's vulnerability for personal benefit.

HUMAN TRAFFICKING

Safe Harbour Law: "Any person under 18 years of age who has been subject to sexual exploitation as a result of their loitering for the purpose of prostitution or their engagement in an offer to exchange sexual conduct in return for food, clothing, a place to stay, drugs, or a fee."

2008 Safe Harbour for Exploited Children Act (8-A § 447A)

Commercial Sexual Exploitation of Children: "Sexual abuse of a child (under the age of 18) by another person in return for something of value." CSEC includes child pornography, trafficking in children for sexual purposes, child sex tourism and child marriage when payment is exchanged.

Labor Trafficking: "The recruitment or obtaining a person for labor or services, through the use of force, fraud, or coercion for the purpose of or subjection to involuntary servitude."

2000 Trafficking Victims Protection Act (22 USC § 7102)

Sex Trafficking: "Recruitment or soliciting of a person for the purposes of a commercial sex act, in which the commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such an act has not attained 18 years of age."

2000 Trafficking Victims Protection Act (22 USC § 7102)

FORCE Beatings, Confinement, Deprivation Isolation, Physical Restraint, Providing Drugs to Impair Judgement, Rape

FRAUD Debt Bondage, False Promises, Misleading Statements, Tricking, Withholding Government Documents

COERCION Blackmail, Guilt-Tripping, Humiliation, Monitored Activity, Pressuring, Intimidating, Threatening

SEXUAL ASSAULT Sexual contact or behavior that occurs without explicit consent of the victim.

RAPE Penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim.

CONSENT When someone agrees, gives permission, or says "yes" to sexual activity with other persons. All people in a sexual situation must feel that they are able to say "yes" or "no" or stop the sexual activity at any point.

SAFETY PLANNING Brainstorming ways to stay safe that may also help reduce the risk of future harm. It can include planning for a future crisis, considering your options, and making decisions about your next steps.

LOVE 146 ONLINE SAFETY GUIDE

<https://love146.org/action/online-safety/omg-the-internet/>