

# **Otsego County Guide To Mental Health Services**

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

**Printed by the Mountain View  
Social Club**

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

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**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 Social Club:

607-433-1714

9 River Street

Oneonta, NY 13820

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

**Mountain View Social Club  
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](http://www.otsegocep.org)**

**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: 433-1714  
or 1 800 377-3281

**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**  
**607 725-0609**  
**607 435-4102**  
**607 435-0609**

## **CRISIS INTERVENTION**

Mobile Crisis Assessment Team (MCAT)

**24 Hour Crisis Hotline: 1 877-369-6699**  
**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 where 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

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

## 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](http://www.lscny.org)

### **Attorney Helpline**

1 877-777-6152

### **NYS Commission on Quality of Care & Advocacy for Persons with Disabilities**

401 State St.  
Schenectady, NY 12305  
518 388-1281

### **Legal Aid Society of Mid- New York Inc.**

#### **Barry Holden**

P.O. 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

#### **NAMI Support Meetings:**

**Second and Fourth Wednesday of every month 6:30 pm**

Fox Care  
State Hwy 7  
Oneonta, NY 13820

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

### **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 St  
Bainbridge, NY 13733  
607 967-8590

### **Veteran's Crisis Line**

1-800-273-8255

## **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](http://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.

**Access—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.

**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**

**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

**INPATIENT SERVICES**

**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

**Educational Campus**

105 Campus Drive  
Oneonta, NY 13820

**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

**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**

81 800—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

**American Red Cross**

Disaster Related Support  
101 Main St.  
Cooperstown, NY 13326  
607 547-2441

**Hours: 9:00-4:00**

**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)**

**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

## RESIDENTIAL SERVICES

### PRIVATE PRACTITIONERS

#### **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](http://www.op.nysed.gov/opsearches)

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

**For explanation of insurance  
See key on page 11.**

#### **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**

291 Chestnut St  
Oneonta, NY 13820  
607 432-7874

**INSURANCE CODES**

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

## CHILDREN & ADOLESCENT SERVICES

PROVIDERS	SERVICE	INSURANCE
<b>Bercovitz, James PhD</b> 189 Main St. Oneonta, NY 13820 607 436-9159 & 607 433-0436	Adolescents & Children	Accepts Most Insurance
<b>Bergfjord, Elizabeth LCSW-R</b> 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Adolescents	Most Insurance No MD & ME
<b>Black, Charlotte LCSW-R</b> 143 Main St. Oneonta, NY 13820 607 432-0475	Adolescents	Accepts Most Insurance— SF
<b>Carentz, William LCSW-R</b> 48 Dietz St. Oneonta, NY 13820 607 432-1180	Adolescents & Children— Specializes in ADD children	Accepts Most Insurance
<b>Clark, Debra J. LCSW-R</b> 10 Market St. Suite 5 Oneonta, NY 13820 607 432-1914	Adolescents & Children	Me, most oth- ers, no MD
<b>Samantha L. Cole LCSW-R</b> 1004 State Hwy 7 Suite B Unadilla, NY 13849 607 354-4602	Young adult / Adolescents Dialectical Behavioral Thera- py DBT	SF

## 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-Friday 9:30 am-4:00 pm  
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

**CHILDREN & ADOLESCENT SERVICES**

<b>PROVIDERS</b>	<b>SERVICE</b>	<b>INSURANCE</b>
<b>Dunham-Davis, Sallie LCSW-R</b> 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
<b>Flachs, Lisa LCSW-R Fischer, Elvia LCSW-R &amp; Donovan, Tim LCSW-R</b> 75 Chestnut St. Oneonta, N.Y. 13820 607-433-0774	Children, Ado- lescents, Adults, Fami- lies	ME and most other insurances, no MD
<b>George, Sally PhD</b> 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Adolescents	Does not take MD & ME
<b>Grappone Bill LCSW –R</b> 10 Market St. Oneonta, NY 13820 607 432-9128	Adolescents, Children, Elderly	ME, most others
<b>LaFrance, Ron Ed. D LMFT-R</b> 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
<b>Lamb, Charles W. PhD</b> 71 Chestnut St. Cooperstown, NY 13326 607 547-5230	Adolescents	All
<b>Miller, Debra Ann, LCSW-R</b> PO Box 323 Springfield Center, NY 13468 315-858-2556	Children, Adolescents, trauma, loss, adoption	Many and SF No MD or ME
<b>Mills, Ann Marie LCSW-R</b> 3200 Chestnut St. Oneonta, NY 13820 607 436-9033 607 432-9295	Children	All including CHP No MD & ME
<b>Miller, Esther LCSW-R</b> 89-C Main St. Cooperstown, NY 13326 607 547-1303	Adolescents Specializes in transition	BC, MVP, ME No MD & ME
<b>Pouch, Catherine LCSW-R</b> 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Adolescents & Children	Most  No MD & ME
<b>Zeien, Suzanne LCSW-R, ACSW</b> 254 Main St. Suite 6b Oneonta, NY 13820 607 434-3032 sueannezein@yahoo.com	Adolescents & Children, Specializing in ADD chil- dren	All except MD

## 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 ext. 212

**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  
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-6:30 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**

## ADULT SERVICES

<b>PROVIDERS</b>	<b>SERVICE</b>	<b>INSURANCE</b>
<b>Agolia, Barbara LCSW-R</b> 254 Main St Suite 6A Oneonta, NY 13820 607 433-1390	Adults	All except MD & ME & CDPHP
<b>Bercovitz, James Ph D</b> 189 Main St. Oneonta, NY 13820 607 436-9159 or 607 433-0436	Individual	MD, ME, BC, CDPHP, MM, TC, CBP, NAA, VO
<b>Bergfjord, Elizabeth LCSW-R</b> 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Depression, anxiety, grief, loss	Most Insurance No MD & ME
<b>Black, Charlotte LCSW-R</b> 143 Main St. Oneonta, NY 13820 607 432-0475	Adults, Individual, Marital & Couples Counseling	Accepts most Insurance— SF
<b>Carentz, William LCSW-R</b> 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
<b>Clark, Debra J. LCSW-R</b> 10 Market St. Suite 5 Oneonta, NY 13820 607 432-1914	Adults, Indv. Family Therapy	ME, most oth- ers, no MD Fidelis
<b>Dunham- Davis, Sallie LCSW-R</b> 75 Market St. Oneonta, NY 13820 607 433-0209	Depression, Mixed Groups, Women's Survi- vor Group	BC, BS, VBH, BC+, HMO
<b>Samantha L. Cole LCSW- R</b> 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
<b>Flachs, Lisa; Fischer, Elvia &amp; Donovan Tim (all are LCSW-R)</b> 75 Chestnut St Oneonta, N.Y. 13820 607-433-0774	Children, Adoles- cents, Adults, Families	ME and most other insuranc- es, no MD
<b>George, Sally PhD.</b> 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Individual, adults	Does not take MD & ME
<b>Gerace, Nicole LCSW-R</b> 8-12 Dietz St., suite 201 Oneonta, N.Y. 13820 607 432-9039	Individuals and Couples, Chemi- cal Dependencies and Mental health Issues	Most, no 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**

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

## ADULT SERVICES

### 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 Mable St  
 Oneonta, NY  
 607 432-8006

PROVIDERS	SERVICE	INSURANCE
<b>Grappone, Bill LCSW-R</b> 10 Market St Oneonta, NY 13820 607 432-9128	Adults, gerontology , Children, Adolescents	ME, most others
<b>Hegeman, Marie LCSW-R</b> 8-12 Dietz St suite 201 Oneonta, NY 13820 607 432-9039	Chemical Dependency, short term dep., anxiety	All except MD
<b>Hill, Blanche LCSW-R</b> 143 Main St. Suite 207 Oneonta, NY 13820 607 434-6299	Individuals, Couples	Please call for info.
<b>Juliano, Christine LCSW-R</b> 71 Chestnut St Cooperstown, NY 13820 607 547-9056	Individual, adult	BC, BS, VBH, BC+, HMO  No MD
<b>Lamb, Charles W. PhD</b> 71 Chestnut St. Cooperstown, NY 13326 607 547-5230	Adults, Couples	All
<b>LaFrance, Ron Ed.D LMFT-R</b> <b>Diane Schultz</b> 31 Main St Oneonta, NY 13820 607 437-4347 607 433-0209	Adolescent & family	SF

## ADULT SERVICES

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

## 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)**

P.O. Box 85  
Edmeston, NY 13335  
(315) 882-3017

### **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

**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

**ADULT SERVICES**

<b>PROVIDERS</b>	<b>SERVICE</b>	<b>INSURANCE</b>
<b>Miller, Debra Ann LCSW-R</b> P.O. Box 323 Springfield Center, NY 13468 1 315 858-2556	Adult, trauma, loss, depression, adoption	No MD. & ME
<b>Mills, Ann Marie LCSW-R</b> 3200 Chestnut St. suite 121 Oneonta, NY 13820 607 436-9033 607 432-9295	Adults Individual	All including CHP No MD & ME
<b>Paluch, Catherine LCSW-R</b> 78 Chestnut St Oneonta, NY 13820 607 433-0161	Depression, anxi- ety, eating disor- ders, sexual abuse	No MD & ME
<b>Shaw, Laurel LCSW-R</b> 164 Main St. Oneonta, NY 13820 607 432-3352	Anxiety, Depres- sion, Pers. Disor- der, Sexual Abuse	All except MD
<b>Zeien, Suzanne LCSW-R, ACSW</b> 254 Main St. Suite 6B Oneonta, NY 13820 607 434-3032 sueannezein@yahoo.com	Anxiety, Elderly, Depression, Sex- ual Abuse	All except MD

## FAMILY SERVICES

PROVIDERS	SERVICE	INSURANCE
<b>Agoglia, Barbara</b> <b>LCSW-R</b> 254 Main St suite 6A Oneonta, NY 13820 607 433-0390	Family Counseling	All except MD & ME & CDPHP
<b>Bergfjord, Elizabeth</b> <b>LCSW-R</b> 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Family Counseling, Couples, Marital Counseling	Most Insurance No MD & ME
<b>Black, Charlotte</b> <b>LCSW-R</b> 143 Main St. Oneonta, NY 13820 607 432-0475	Family Counseling, Couples, Marital Counseling	Accepts most insurance— SF
<b>Carentz, William</b> <b>LCSW-R</b> 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
<b>Clark, Debra J.</b> <b>LCSW-R</b> 10 Market St. Suite 5 Oneonta, NY 13820 607 432-1914	Family Counseling	Me, most others, no MD
<b>Dunham-Davis, Sallie</b> <b>LCSW-R, ACSW</b> 31 Main St. Oneonta, NY 13820 607 433-0209 607 437-4347	Family Counseling	BC, BS, VBH, BC+, HMO, E

## 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

## FAMILY SERVICES

### MEDICAL SERVICES CONTINUED

**Family Health Center**  
59 Main St. Otego 607 988-2854

**Oneonta Community Health Center**  
31 Main St, Oneonta 607 433-0300

**Stamford Family Practice**  
32-34 Main St, Stamford 607 652-2000

**United Health Services**  
179 River St  
Oneonta, NY 13820  
432-3489

**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.**  
542 Main St.  
Oneonta, NY 13820  
607 432-5525  
Hrs: 8:00 am—5:00 pm

<b>PROVIDERS</b>	<b>SERVICE</b>	<b>INSURANCE</b>
<b>Samantha L. Cole LCSW-R</b> 1004 State Hwy 7 Suite B Unadilla, NY 13849 Hrs 9 am– 5:30 pm 607 354-4602	Young adults & Families	SF
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
<b>George, Sally PhD.</b> 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Couples, Family & Marital Counseling	Does not take MD & ME
<b>Grappone, Bill LCSW-R</b> 10 Market St. Oneonta, NY 13820 607 432-9128	Family Counseling, Children, Adolescents	most others
<b>Hill, Blanche LCSW-R</b> 143 Main St. Suite 207 Oneonta, NY 13820 607 434-6299	Family Counseling	SF, Please call for info.

## FAMILY SERVICES

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

## 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

**Psychiatrists**  
**PSYCHIATRISTS**

<b>PROVIDERS</b>	<b>SERVICE</b>	<b>INSURANCE</b>
<b>Gordon, Kenneth MD</b> 75 Chestnut St. Oneonta, NY 13820 Mon– Thur. 8:30-6:00 pm 607 433-1663	Children, Adolescents	E, MVP, CDPHP  No MD, ME
<b>Neander, Michael MD</b> 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

**FAMILY SERVICES**

<b>PROVIDERS</b>	<b>SERVICE</b>	<b>INSURANCE</b>
<b>Mills, Ann Marie LCSW-R</b> 3200 Chestnut St. Oneonta, NY 13820 607 436-9033 or 432-9295	Couples, Marital Counseling	All except MD & ME
<b>Miller, Debra Ann, LCSW-R</b> PO Box 323 Springfield Center, NY 13468 315-858-2556	Adults, family, trauma, loss, adoption	Many and SF No MD or ME
<b>Paluch, Catherine LCSW-R</b> 78 Chestnut St. Oneonta, NY 13820 607 433-0161	Couples, Family & Marital Counseling	Does not take MD & ME
<b>Zeien, Suzanne LCSW-R, ACSW</b> 254 Main St. Suite 6B Oneonta, NY 13820 607 434-3032	Couples, Family & Marital Counseling	All except MD