

DUTCHESS COUNTY COMMUNITY RESOURCES

IMPORTANT CONTACTS TO KNOW

Dept of Social Services	Services
518-447-7300	Services include providing aid to eligible recipients through the Family Assistance, Safety Net, Day Care, Employment, Supplemental Nutrition Assistance Program (formerly called food stamps), Medicaid, and Home Energy Assistance Programs.
Office for the Aging	
518-447-7198	The New York State Office for the Aging's (NYSOFA's) home and community-based programs provide older persons access to a well-planned, coordinated package of in-home and other supportive services designed to support and supplement informal care.
APS	
518-447-7177	APS is a mandated service provided by local social services districts. It involves intake, investigation and assessment of referrals of abuse, neglect, and financial exploitation of impaired vulnerable adults who live in the community
Mobile Mental Health	
518-447-4555	Crisis Intervention services, applicable to adults, children and adolescents are intended to stabilize behavioral health symptoms and return individuals to pre-crisis levels of functioning. Programs that exclusively provide phone support.
HEAP	
518-447-7323	HEAP is a federally funded energy program intended to assist low-income households in meeting their immediate home energy needs.

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SNAP	
800-342-3009	SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency.
NYS Office of Temporary and Disability Assistance	
800-342-3009	The Office of Temporary and Disability Assistance (OTDA) offers programs for food and temporary cash assistance, heating assistance, child support enforcement, and more.
Medicaid transportation contact for DSNP members with FFS Medicaid	
800-850-5340	Services include processing requests (forms, 2015, etc) from Medicaid recipients and doctors (social workers, office assistants, etc.) and duly facilitating necessary transportation to various private car companies in your area
paratransit	
https://www.albanycounty.com/departments/aging/transportation and https://www.cdta.org/star-program	The Capital District Transportation Authority(CTDA), a public benefit organization, provides regular route buses, shuttle buses, and paratransit services in the Capital Region transportation district, with the goal of offering safe, reliable, and courteous service.

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INDEPENDENT LIVING CENTERS

Regional Counties	Auxiliary Independent Living Centers	Services
<p>Lower Hudson Valley Dutchess, Orange, Putnam, Rockland, Sullivan Ulster Westchester</p>	<p>Taconic Resources for Independence, Poughkeepsie, Vanessa Dubetsky v.dubetsky@taconicresource.org</p> <p>Kathy Sheehan 845-452-3913 k.sheehan@taconicresources.org</p>	<p>Independent Living Centers (ILCs) are community-based organizations whose main focus is to teach people with disabilities the skills required for independent living. Other services include advocacy, counseling, support groups, assistance with housing, and referrals.</p>

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NATIONAL CONTACTS

<p>Affordable Connectivity Program</p>	<p>The Affordable Connectivity Program provides: Up to \$30/month discount for broadband service; Up to \$75/month discount for households on qualifying tribal lands; and A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if the household contributes more than \$10 but less than \$50 toward the purchase price. The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household. Eligibility The guidelines outline specific criteria for eligibility, including having a household income at or below 200 percent of the Federal Poverty Guidelines or having a member of the household who meets at least one of the criteria outlined at https://www.fcc.gov/acp. Two Steps to Enroll 1. Go to ACPBenefit.org to submit an application or print out a mail-in application, and 2. Contact your preferred participating provider to select a plan and have the discount applied to your bill. For more information and full details, visit https://www.fcc.gov/acp or call 877-384-2575</p>
<p>Relay Health Services</p>	<p>711 TTY - Relay Health Services for those with communication impairments- TTY-based Telecommunications Relay Services permit persons with a hearing or speech disability to use the telephone system via a text telephone (TTY) or other device to call persons with or without such disabilities.</p>
<p>National Suicide Hotline</p>	<p>988 - National Suicide Hotline- 988 is the easy-to-remember number that reaches what is commonly referred to as the Lifeline—a network of more than 200 state and local call centers funded by the U.S. Department of Health and Human Services through the Substance Abuse Administration and administered by Vibrant Emotional Health</p>
<p>Information and Referral Services</p>	<p>211-2-1-1 is a free telephone number providing access to local community services. 2-1-1 is available in multiple languages, allowing those in need to access information and obtain referrals to physical and mental health resources; housing, utility, food, and employment assistance; and suicide and crisis interventions.</p>
<p>Covid-19 Emotional Support Helpline</p>	<p>1(844)-863-9314 Hours: Every day 8AM-10PM We have an emotional support helpline, educational materials, trusted referrals, and local provider agencies... all dedicated to helping you manage and cope with changes brought on by COVID.</p>

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	<p>NY Project Hope Crisis Counselors understand what you are going through. Talking with them is free, confidential, and anonymous. Talk with someone who is trained, knowledgeable and never judges. Sometimes it's helpful to talk with someone you don't know.</p>
<p>Coalition For the Homeless Crisis Hotline</p>	<p>COALITION FOR THE HOMELESS CRISIS HOTLINE 888-358-2384 Call to get help finding shelter or other crisis needs, including SSI Benefits, housing assistance, and Mail Service</p>

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FINANCIAL

AGENCY ORGANIZATION NAME	PHONE	ADDRESS	HOURS OF OPERATION	WEBSITE	SERVICES
Central Hudson Bill Discount Program	(845) 452-2700	284 South Road, Poughkeepsie, NY 12601.		https://www.cenhud.com/en/account-resources/assistance-programs/	Once a qualifying benefit is received, a monthly credit will be applied to that Central Hudson account for 12 consecutive months, provided the account remains open and active for the entire 12-month period. The amount of the bill discount credit is based on the service type and amount of HEAP benefit.
Help During Hospitalization	(845) 452-2700	284 South Road, Poughkeepsie, NY 12601.		https://www.cenhud.com/en/account-resources/assistance-programs/	Customers and household members who will be hospitalized for at least three days may request an

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					extension on the due date of their utility bill of up to 30 days from the date of admission to the hospital
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HOUSING

AGENCY ORGANIZATION NAME	PHONE	ADDRESS	HOURS OF OPERATION	WEBSITE	SERVICES
Dutchess County Government	845-486-3000	60 Market Street Poughkeepsie, NY 12601		https://www.dutchessny.gov/Departments/Community-Family-Services/Housing-Assistance.htm	Emergency housing services. Temporary housing. Financial Assistance for Tenants and Landlords.
Hudson River Inc	(845) 454-5176:(845)452-0019 - after hours	313 Mill Street, Poughkeepsie, NY 1260		https://hudsonriverhousing.org/	Emergency housing assistance Rent Relief and Eviction prevention Homelessness and Affordable

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					housing
Community Action Partnership for Dutchess County	845-452-5104 Ext. 130	77 Cannon Street Poughkeepsie, NY 12601		https://www.dutchesscap.org/	Rental Assistance
Rebuilding Together Dutchess County (Senior Home Assistance Program)	845-454-7310	31 Quaker Hill Road Pleasant Valley NY 12569		https://www.rebuildingtogetherdutchess.org/	Seniors or the disabled in Dutchess County can receive home repair assistance or even free minor home repairs from this program, however it is a volunteer run service and only some work may be done.

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HOTLINE

WEBSITE

Dutchess County Contacts : <https://www.dutchessny.gov/county-departments.htm>

URGENT CARE

AGENCY ORGANIZATION NAME	PHONE	ADDRESS	HOURS OF OPERATION	WEBSITE
CareMount Medical Urgent Care	(844) 484-6564	30 Columbia St, Poughkeepsie, NY 12601		
Caremount Medical Urgent Care	(844) 484-6564	6734 U.S. 9, Rhinebeck, NY 12572		
Emergency One Urgent Care	(845) 330-3200	2555 South Rd, Poughkeepsie, NY 12601		
Emergency One Urgent Care	(845) 229-2602	4274 Albany Post Rd, Hyde Park, NY 12538		
Excel Urgent Care of Fishkill, NY	(845) 765-2240	992 Main St, Fishkill, NY 12524		
Nuvance Health Medical	(845)	1530 U.S. 9, Wappingers Falls,		

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Practices - Urgent Care	297-2511	NY 12590		
Pulse-MD Urgent Care	(845) 243-7100	696 Dutchess Turnpike, Poughkeepsie, NY 12603		
Pulse-MD Urgent Care	(845) 204-9260	900 NY-376, Wappingers Falls, NY 12590		
Sun River Health Poughkeepsie Urgent Care	(845) 686-9700	75 Washington St, Poughkeepsie, NY 12601		