**DELAWARE OPPORTUNITIES INC.**

**HEAD START**

**RESOURCE GUIDE**

**Updated 2019**



**DENTISTS**

American Mobile Dental 1-877-24-TOOTH

Medicaid /CHP 1-877-248-6684

**ALBANY AREA**

Michael Braff, DDS 921 Nott Street (518) 370-5506

Pediatric Dentist Schenectady, NY 12305

(Medicaid/CHP)

Dental Clinic

St. Peters Hospital 317 S. Manning Blvd. (518) 842-4420

(Medicaid/Most insurance) Albany, NY 12203

Kids & Family Dental 65 Wolf Road (518) 435-0390

 Albany, NY 12205 Fax (518) 435-0379

Kotlow, Larry, DDS 340 Fuller Road (518) 489-2571

Pedodontist Albany, NY 12203

(CDPHP/CHP)

Pediatric Dental Clinic Albany Medical Center (518) 262-4372

Medicaid/Most Insurance New Scotland Avenue

 Albany, NY 12203

Pediatric Dentistry of Clifton Park 532 Moe Road (518) 373-1181

 Clifton Park, NY 12065 Fax (518) 373-0130

Pediatric Dentistry of Albany 980 Western Avenue (518) 512-3072

 Albany, NY 12203 Fax (518) 621-7286

The Smile Lodge 713 Pierce Road (518) 373-1181

Clifton Park, NY 12065 Fax (518) 373-0130

**AMSTERDAM**

Family Dentistry 4298 State Highway 30 (518) 842-0800

Amsterdam, NY 12010

New Dimensions 40 Wall Street (518) 843-2575

(Medicaid/CHP) Amsterdam, NY 12010

**BAINBRIDGE**

Michelle Gifford, DDS 10 Whitney Way (607) 967-8200

(No Medicaid or CHP) Bainbridge, NY 13733

**BINGHAMTON**

Binghamton Dental 186 Robinson Street (607) 722-5555

 & Denture Clinic Binghamton, NY 13904 Fax (607) 724-4506

(CHP, FHP, Fidelis)

Lourdes Pediatric 219 Front Street (607) 584-4545

Center for Oral Health Binghamton, NY 13905 Fax (607) 584-4530

(Medicaid/CHP) serves children & adults

Orthodontic of the Southern Tier 33 Front Street (607) 723-9576 B

Binghamton, NY 13903 (607) 748-6441 E

Tier Family Dental 37 Riverside Drive (607) 778-1400

Binghamton, NY 13905 Fax (607) 655-3388

United Health Dental Service Binghamton General Hosp. (607) 762-2005

(Medicaid/CHP) 20-42 Mitchell Avenue

Binghamton, NY 13903

Wilson Dental 289 Chenango Street (607) 217-7123

(Medicaid) Binghamton, NY 13903 (607) 217-4633

Offers services for all aspects of dental health/offers transportation

**BREWSTER**

Family Dental Group 1620 Towne Centre Rt. 22 (845) 279-4999

(No Medicaid, Accepts CHP) Brewster, NY 10509

**CALLICOON**

Maureen Whipple, DDS 20 Gregory Road (845) 887-6423

(Healthplex) Callicoon, NY 12723

**CATSKILL**

Greene Pediatrics 159 Jefferson Heights (518) 943-0780

 Suite A 202

 Catskill, NY 12414

**CLIFTON PARK**

Smile Lodge Pediatric 713 Pierce Road (518) 373-1181

Clifton Park, NY 12065 Fax (518) 373-0130

**COOPERSTOWN**

Northern Catskill 6 Doubleday Court (607) 547-2313

Dental Associates Cooperstown, NY 13326

Paul Weber, DDS 5920 State Highway 28 (607) 544-1336

Cooperstown, NY 13326 Fax (607) 544-1338

**DAVENPORT**

Advanced Family Dentistry 17107 St. Highway 23 (607) 278-4077

Prosper Bonsi, DDS Davenport, NY 13750 (Fridays)

OR

 482 Main Street (607) 433-1472

 Oneonta, NY 13820 (Mon.-Thurs.)

**DELHI**

Bassett Health Care - Dental Clinic O’Connor Hospital (607) 746-0540

 Andes Road Fax (607) 746-0474

 Delhi, NY 13753

Thomas Flanders, DDS 225 Phoebe Lane (607) 746-3555

(No Medicaid/CHP) Delhi, NY 13753

**DEPOSIT**

Mark Egner, DDS 113 Front Street (607) 467-2995

(Medicaid) Deposit, NY 13754 Fax (607) 467-1812

**ENDICOTT**

Ronald Kane, DDS 1204 Monroe St. (607) 757-0448

(Medicaid/CHP) Endicott, NY 13760

Valley Dental Group 609 East Main Street (607) 754-3903

Gary Bigsby, DDS Medical Arts Building Fax (607) 754-1428

(Medicaid/CHP) Endicott, NY

(All Aspects of Dental Needs)

Dinosaur Dental 1700 Monroe Street (607) 953-4445

 Endicott, NY 13760 Fax (607) 953-4634

**FISHKILL**

Family Dental Group 43 Commonwealth Ave. (845) 896-5151

(CHP) Fishkill, NY 12524

**GLENS FALLS**

Dean Bartlett, DDS, PC 500 Glen Street (518) 793-8511

Orthodontist Glens Falls, NY 12801

Pediatric Dentistry of Glens Falls 88 Broad Street (518) 798-9966

(Medicaid) Glens Falls, NY 12801

**HANCOCK**

Dennis Destefano, DDS 24651 State Highway 97 (607) 637-5007

(Medicaid) Hancock, NY 13783

**HONESDALE, PA**

Sprout Dental 177 Sunrise Avenue (570) 253-0358

Honesdale, PA 18431 Fax (570) 352-3395

**JOHNSON CITY**

Timothy Lee, DDS (adults) 145 Oakdale (607) 217-5853

Kristine Vingelis, DDS (children) Johnson City, NY Fax (607) 237-0159

**KINGSTON**

Kingston Dental Care Center 7 Family Practice Drive (845) 338-6918

(Medicaid) Kingston, NY

Kingston Dentistry 370 Kings Mall Court (845) 336-8478

 Kingston, NY 12401

Washington Smile Center 195 Washington Ave. (845) 340-8044

(Medicaid/Most Insurances) Kingston, NY 12401

Kingston Pediatric Dentistry 169 Washington Ave. (845) 514-2255

Kingston, NY 12401 Fax (845) 514-2292

**LIBERTY**

Great Expressions Pedodontics 37 Triangle Road, Suite 1 (845) 292-3900

Liberty, NY 12754 Fax (845) 292-3911

**MIDDLETOWN**

Middletown Dental Group 9 Bert Crawford Road (845) 343-2192

 Suite 101 Fax (845) 342-9211

 Middletown, NY 10940

**MONTICELLO**

Ronald Berg, DDS3 Dillon Road(845) 794-5454

(Oral Surgery) Monticello, NY 10940

**NORWICH**

Chenango Memorial Hospital 179 N. Broad Street (607) 335-4174

Dental Group Norwich, NY 13815

(Medicaid/CHP)

Family Dentistry 6362 County Rd 32 (607) 334-8452

 Norwich, NY 13815

**ONEONTA**

Aaronson & Thompson Dentistry 53 Chestnut Street (607) 432-4621

(Medicaid/CHP) Oneonta, NY 13820

American Mobile Dental 8 Grand Street (607) 432-1010

 Oneonta, NY 13820 Fax (607) 432-1011

Bearable Dentistry 7 Dietz Street (607) 432-5444

 Oneonta, NY 13820 Fax (607) 433-1786

Fox Care Dental Associates 1 Fox Care Drive Suite 304 (607) 433-1778

(Medicaid/CHP) Oneonta, NY 13820 Fax (607) 431-5327

***PARENTS NOT PERMITTED IN EXAM ROOM***

**OTEGO**

Barretts Family Dentistry 31 Main St. (607) 988-6555

Otego, NY 13825

**RICHMONDVILLE**

Richmondville Family Dental 303 Main Street (518) 294-6015

Richmondville, NY 12149

**SIDNEY**

Benjamin Dental Group 60 Union Street (607) 563-2333

 Sidney, NY 13838 Fax (607) 563-8946

David Bornstein, DDS 39 Delaware Ave. (607) 563-1316

 Sidney, NY 13838

**STAMFORD**

Aives Dental 2 ½ Lake Street (607) 652-4333

 Stamford, NY 12167

Michael Meehan, DDS 32-34 Main Street (607) 652-7342

 (CHP) Stamford, NY 12167

**UTICA**

Vestal, NY 13850

Kids Teeth Only 2048 Genesee Street (315) 724-5437

 Utica, NY 13502

The Dental Arts Office 2058 Genesee Street (315) 724-2555

 Utica, NY 13501 Fax (315) 797-9345

**VESTAL**

Aspen Dental 3439 Vestal Parkway (607) 798-8011

*Very Good With Children* Vestal, NY 13850 Fax (607) 798-0733

NY Dental Group 4501 Vestal Parkway (607) 777-1340

Dr. Sunny Pannu, DDS Vestal, NY 13850 Fax (607) 777-1345

**WALTON**

Delaware Dental 210 Delaware Street (607) 865-9330

 Walton, NY 13856 Fax (607) 865-9370

William Korwan, DDS 83 Liberty Street (607) 865-6000

(No Medicaid/CHP) Walton, NY 13856

Walton Dentist Group 36 West Street, Suite 4 (607) 865-4000

 Walton, NY 13856 Fax (607) 865-4040

**WINDSOR**

Tier Family Dental 5 College Ave. (607) 778-1400

Accepts Medicaid/Fidelus/ Stillsone Medical Center Fax (607) 655-3388

Health Flex/CHP Windsor, NY

**WOODSTOCK**

Vivian Letizia, DDS 2 Maverick Road (845) 679-2421

 Woodstock, NY 12498

**PHYSICIANS(GENERAL)**

**ALBANY**

Albany Medical Center 43 New Scotland Ave. (518) 262-3125

Albany, NY 12208

**ANDES**

Bassett Health Center - Andes (845) 676-3663

Dr. Fiore

**BINGHAMTON**

Chenango Bridge Pediatrics 91 Chenango Bridge Road (607) 648-6667

Binghamton, NY 13901 Fax (607) 648-4141

Community Free Clinic 225 Front Street (607) 778-3938

Serves men and women 17 and over Binghamton, NY 13905 Or

with no insurance - physicals, health (607) 772-3519

problems, injuries, etc.

Monday’s & Thursday’s 5-8 p.m., Walk-in or by appointment

Lourdes Pediatrics 161 Riverside Drive (607) 798-6176

Binghamton, NY 13905 Fax (607) 798-6755

Lourdes Center for Family Health 303 Main Street (607) 798-8058

De Paul Pediatric Clinic Binghamton, NY 13905 (607) 798-8055

 Fax (607) 798-8328

Dr. Saeed 609 E. Main Street (607) 748-8225

Pediatric Medicine Endicott, NY 13760 Fax (607)785-5711

United Health Services - 10-42 Mitchell Avenue (607) 762-2468

Binghamton Pediatrics Binghamton, NY 13903 Fax (607) 762-3871

**COOPERSTOWN**

Bassett Healthcare 1 Atwell Road (800) BASSETT

Cooperstown, NY Fax (607) 547-6782

**Services Provided**:

**Cancer Institute, Children’s Health, Emergency & Trauma Care, Digestive Services, Heart Care Institute, Imaging Services, Kidney & Diabetes Care, Long-Term Care Services, Musculoskeletal/Physical, Occupational Medicine, Plastic Surgery, Psychiatry, Primary Care, Surgical Services, Women’s Health, Allergy, Immunology, Anesthesiology, Dermatology, Infectious Disease, Intensive Care, IV Therapy/Blood Transfusion, Pathology, Pharmacy, Pulmonary Medicine, Respiratory Therapy, Sleep Lab, Sexually Transmitted Disease Clinic, OB/GYN, Ophthalmology, Optometry, Pediatrics, Speech Pathology**

**DELHI**

Bassett Healthcare – Delhi 460 Andes Road (607) 746-0550

Delhi, NY 13753 Fax (607) 746-0568

Joan M. Khouzam, FNP, CNM 135 Main Street (607) 746-6999

Accepts Medicaid, $40 office visit Delhi, NY 13753 Fax (607) 746-6995

for those without insurance

B.N. Samudrala, MD 460 Andes Road (607) 746-6266

Delhi, NY 13753 Fax (607) 746-6266

 **DEPOSIT**

United Health Services – Deposit 53 Pine Street (607) 467-4195

(Deposit Family Care Center) Deposit, NY 13754

**DOWNSVILLE**

United Health Services – Downsville P.O. Box 327 (607) 363-2517

(Colchester Health Center) Downsville, NY 13755 Fax (607) 363-7856

**FERNDALE**

Liberty Pediatrics 39 Old Monticello Road (845) 292-6684

 Ferndale, NY 12734 Fax (845) 292-6770

**HANCOCK**

Lourdes Primary Care 116 Front Street (607) 637-5700

(Hancock Family Practice) Hancock, NY 13783 Fax (607) 637-5703

**JOHNSON CITY**

Tier Pediatrics Dr. Battla 255 Harry L Drive (607) 777-9475

 Johnson City, NY 13790 Fax (607) 797-3131

**KINGSTON**

Institute for Family Health 9 Family Practice Drive (845) 339-9055

(Kingston Pediatric Care Center) Kingston, NY 12401 Fax (845) 339-2310

Pine Street Pediatric Associates 140 Pine Street, Suite 210 (845) 331-4484

 Kingston, NY 12401 Fax (845) 331-7160

**LIVINGSTON MANOR**

Livingston Manor Health Center 36 Pearl Street (845) 439-3579

 Livingston Manor, NY 12758

**MARGARETVILLE**

Llobet Medical Group 42084 Route 28 (845) 586-3888

(Margaretville Family Health Center) Margaretville, NY 12455 Fax (845) 259-1666

**MIDDLEBURGH**

Bassett Healthcare – Middleburgh 109 Baker Ave. (518) 827-7730

 Middleburgh, NY 12122 Fax (518) 827-7731

**NORWICH**

Chenango Memorial Hospital 179 N. Broad Street (607) 337-4111

Family Health Center Norwich, NY 13815 Fax (607) 336-2167

Christine Wilson, MD 4 Newton Ave. (607) 337-4149

Specialty – Asthma Norwich, NY 13815 Fax (607) 337-2167

**ONEONTA**

Bassett Healthcare – Oneonta 125 Main Street (607) 433-1790

 Oneonta, NY 13856 Fax (607) 433-6519

Child & Adolescent Healthcare Assoc. 1 Foxcare Drive Suite 213 (607) 432-5600

(Dr. Tannebaum) Oneonta, NY 13820 Fax (607) 431-5275

Oneonta Family Practice 1 Foxcare Drive Suite 308 (607) 432-1163

Oneonta, NY 13820 Fax (607) 431-5367

Southside Family Practice 739 State Hwy 28, Suite 9 (607) 267-4276

 Oneonta, NY 13820 Fax (607) 441-3067

Susquehanna Family Practice 1 Foxcare Drive Suite 103 (607) 431-5757

Oneonta, NY 13820 Fax (607) 431-5038

United Health Services 179 River Street (607) 433-3484

Pediatrics of Oneonta Oneonta, NY 13820 Fax (607) 432-5790

**OTEGO**

Family Health Center 59 Main Street (607) 988-2854

Otego, NY 13825

**RICHFORD**

Lourdes Center for Family Health13293 Route38 **(**607**)** 657-8521

Richford, NY 13835 Fax(607**)** 657-8006

**ROSCOE**

United Health Services1982 Old Route 17 (607) 498 - 4800

(Roscoe Health Center) Roscoe, NY 12776 Fax (607) 498 - 5455

 Fax (607) 498 - 6094

**ROXBURY**

McLaughlin Family Health 54178 State Highway 30 (607) 326-7791 Roxbury, NY 12474 Fax (607) 326-7794

**SIDNEY**

Bassett Healthcare – Sidney 39 Pearl Street W. (607) 561-2021

 Sidney, NY 13838 (607) 563-2663

Sidney Primary Care 59 River Street (607) 563-8022

 Sidney, NY 13838 Fax (607) 563-8106

United Health Service 44 Pearl Street (607) 561-2200

Primary Care Sidney, NY 13838 Fax (607) 561-2205

**STAMFORD**

Bassett Healthcare – Stamford Rt 23 Robinson Terrace (607) 652-2537

 Stamford, NY 12167 Fax (607) 652-2719

Stamford Family Practice 32-34 Main Street (607) 652-2000

 Stamford, NY 12167 Fax (607) 652-2423

**UNADILLA**

Bassett Healthcare-Unadilla 16 Clayton Street (607) 369-2271

Unadilla, NY 13849 Fax (607) 369-2276

**VESTAL**

United Health Services 4417 Vestal Parkway (607)797-1251

Vestal, NY 13850\

**WALTON**

Bassett Health Care-Walton 130 North Street (607) 865-6541

Walton, NY 13856 Fax (607) 865-9164

United Health Service Primary Care 2 Titus Place (607) 865-2400

(Delaware Valley Family Health) Walton, NY 13856 Fax (607) 865-7305

(New Pediatrician Dr. Sood)

Walton Family Care 6 Franklin Road (607) 865-5800

Walton, NY 13856 Fax (607) 865-5882

**WINDSOR**

United Health Services – Windsor5 College Ave (607) 655-1230

(Windsor Primary Care) Windsor, NY 13865 Fax (607) 655-3038

 **WORCESTER**

Southern Otsego Healthcare 4 Decatur Road (607) 397-8183

Worcester, NY 12197

**NORTHERN PENNSYLVANIA**

Honesdale Pediatrics1837 Fair Ave. (570) 253-5838

Honesdale, PA 18431 Fax (570) 253-6678

Northern Wayne Family Center412 Como Road(570) 798-2828

Lake Como, PA 18437 Fax (570) 798-2636

**WALK - IN CLINICS**

Bassett Convenient Care 1 Associate Drive (607) 433-6400

 Oneonta, NY 13820 Fax (607) 433-6483

**ALLERGY, ASTHMA & IMMUNOLOGY**

Dr. Asha Gupta 260 Riverside Drive (607) 798-7811

 Johnson City, NY 13790 Fax(607) 770-7035

**AUDIOLOGIST**

Bassett Healthcare 1 Atwell Drive (607) 800-BASSETT

 Cooperstown, NY 13326

Hear Here! 194 Main Street (607) 369-3802

Good with children Unadilla, NY 13849

Oneonta Specialty Services 1 Associate Drive (607) 433-6300

 Oneonta, NY 13820

**DEVELOPMENTAL PEDIATRICIAN**

Captial Care Developmental & 7B Johnson Road (518) 782-7733

Behavioral Pediatrics Latham, NY 12110

Center for Developmental Pediatrics 725 Irving Ave., Suite 12 (315) 464-6395

 Syracuse, NY 13202

Center for Disabilities Services 314 South Manning Blvd. (518) 437-5624

Albany, NY 12208

Developmental Evaluation Center 215 Bassett Street (315) 472-4404

 Syracuse, NY 13201

Golisano’s Children’s Hospital 750 E. Adams St. (877) 464-6395

Dr. Louis Pellegrino, MD Syracuse, NY 13210

High Risk Births Clinic 305 Main Street (607) 729-1295

Children at risk or diagnosed with Binghamton, NY 13905

developmental disabilities

& their families

Institute for Child Development 4400 Vestal Parkway East (877) 788-4ASD

Center for Autism Spectrum Disorders Vestal, NY 13902 (607) 777-2829

Binghamton University

Kirch Developmental Center 601 Elmwood, Box 671 (585) 275-2986

Rochester, NY 14642 Fax (585) 275-3366

Monica Meyer, MD 9 Elwyn Lane (845) 586-3888

Woodstock, NY 12498

The Children’s Annex 70 Kukuk Lane (845) 336-2616

Specialized in Autism Kingston, NY 12401

**EAR, NOSE & THROAT**

Paul Sweet, MD FACS 45 Dietz Street (607) 432-1355

Ear, Nose & Throat Oneonta, NY 13820 Fax (607) 433-6651

**MENTAL HEALTH SERVICES**

Mobile Crisis Assessment Team (MCAT) 1 Hospital Rd. (877) 369-6699

Walton, NY 13856 (844) 732-6228

www.neighborhoodctr.org/mcat\_crisis\_service0.aspx

MCAT is available to anyone seeking crisis intervention services for children and adults in Delaware County. Services are available 24/7 and provide mental health assessments, crisis de-escalation, debriefing, linkage and follow up to services. Services are coordinated with schools, medical/mental health providers, and other agencies to provide crisis intervention and help monitor clients who are at risk.

Bassett Health Care 1 Atwell Drive (800) - BASSETT

Cooperstown, NY 13326

Delaware County 1 Hospital Road (607) 865-6522

Mental Health Clinic Walton, NY 13856 (607) 865-8255

Chenango County 5 Court St., Suite 42 (607) 337-1600

Mental Health Clinic Norwich, NY 13815

Otsego County 242 Main Street, Suite 2 (607) 433-2334

Mental Health Clinic Oneonta, NY 13820

Barbara Agoglia, CSW 34 Main Street (607) 432-1390

(Adolescents, Children, Family) Oneonta, NY 13820

Marilyn Babcock, LCSW P.O. Box 730 (607) 369-3902

(Adolescents) Unadilla, NY 13849

Charlotte Black, CSW-R 143 Main Street (607) 432-0475

(Adolescents, Family, Couples, Oneonta, NY 13820

Marital Counseling)

William Carentz, LCSW-R 48 Dietz Street (607) 432-1180

(Adolescents, Children, Specializes Oneonta, NY 13820

in ADD, Couples, Family, Marital Counseling)

Debra J. Clark, LCSW-R 531 Southside Drive (607) 432-1914

(Family, Adolescents, Children) Oneonta, NY 13820

Suzanne Clarke, CSW, CASAC 78 Chestnut Street (607) 433-9270

(Substance Abuse) Oneonta, NY 13820

Marian Dent, LCSW 56 Arbor Hill Lane (607) 746-2046

(Adults, Adolescents, Children) Delhi, NY 13753

Sallie Dunham-Davis, CSW, ACSW 75 Market Street (607) 433-0209

(Children, Adolescents, Adults, Couples) Oneonta, NY 13820

Flachs, Fischer & Donovan LCSW 25 Elm Street (607) 433-0774

(Children, Adolescents, Adults, Oneonta, NY 13820

Families)

Bill Grappone, CSW 10 Telford Street (607) 432-9128

(Adolescents, Children, Elderly, Oneonta, NY 13820

Family Counseling)

Illumina Psychotherapy Associates 555 Main Street (845) 586-1606

(Family, Couples, Children, Margaretville, NY 13731

Adolescents, Adult)

MindMatters 15 S. Main Street, Suite 3 (607) 432-0060

Neurofeedback Centers Oneonta, NY 13820

74 Main Street, Suite D (607) 746-8474

Delhi, NY 13753

Robin Johnston, MS,RN,CS,NPP 3200 Chestnut Street (607) 433-1138

(Adolescents, Adults) Oneonta, NY 13820

Ron LaFrance, Ed-D 75 Market Street (607) 436-3711

(Adolescents) Oneonta, NY 13753

Jeanne Loh, CSW 22 Watkins Ave. (607) 433-0157

(Children, Couples, Family Oneonta, NY 13820

Counseling)

Charles W. Lamb, PhD. 71 Chestnut Street (607) 547-5230

(Adolescents, Family Counseling) Cooperstown, NY 13326

Blanche Hill, CSW-R 143 Main Street (607) 434-6299

(Family Counseling) Oneonta, NY 13820

Ann Marie Mills, CSW 3200 Chestnut Street (607) 436-9033

(Children, Couples, Marital Oneonta, NY 13820

Counseling)

Arden Keller, LCSW 140 Main Street (607) 746-8899

Delhi, NY 13753

Debra Ann Miller, LCSW P.O. Box 323 (315) 858-2556

(Adults, Family, Trauma, Loss, Springfield Center, NY 13468

Adoption, Children)

Esther Miller, ACSW 89-C Main Street (607) 547-1303

(Adolescents) Cooperstown, NY 13326

Robert Milner, CSW P.O. Box 8 (607) 264-3976

(Family Counseling) Roseboom, NY 13450

Bonnie Mitchell, LCSW 34 Church Street (845) 586-1716

Margaretville, NY 13731

Catherine Paluch, LCSW-R, PC 78 Chestnut Street (607) 433-0161

(Adolescents, Couples, Oneonta, NY 13820

Family, Marital)

Oneonta Specialty Services 1 Associate Drive (607) 433-6300

Oneonta, NY 13820

Out Patient Mental Health Clinic 33 Mitchell Ave. (607) 762-2340

Binghamton, NY 13903

Ellen Stewart, MA, A TR-BC, LCAT 118 Roosevelt (607) 326-4340

Roxbury, NY 12474

Suzanne Zeien, CSW-R, ACSW 34 Main Street (607) 434-3032

(Adolescents, Children, Specializes in Oneonta, NY 13820

ADD, Couples, Families &

Martial Counseling)

Lin Stephan, Ph.D. 3000 Hamden Hill Road (607) 746-6772

Hamden, NY 13782

 **OPTOMETRISTS**

Bassett Health Care Atwell Drive (800) - BASSETT

 Cooperstown, NY 13326

Catskill Eye Care Associates 5532 State Highway 7 (607) 432-2600

 Oneonta, NY 13820

Chenango Eye Associates 194 Grandview Avenue (607) 334-3225

 Norwich, NY 13815

Dr. Robert J. Connelly 22 Harper Street (607) 652-7207

 Stamford, NY 12167

Oneonta Specialty Services 1 Associate Drive (607) 433-6300

 Oneonta, NY 13820

Roberts Eye Care Associates 75 Main Street (607) 563-7551

Sidney, NY 13838

**OPHTHALMOLOGISTS**

Bassett Health Care 1 Atwell Drive (800) BASSETT

 Cooperstown, NY 13326

Martin Brody, MD 1 Fox Care Drive (607) 432-1262

 Oneonta, NY 13820

Chenango Eye Associates 194 Grandview Lane (607) 334-3225

Norwich, NY 13815

Oneonta Specialty Services 1 Associate Drive (607) 433-6300

Oneonta, NY 13820

**ORTHOPEDIST**

Bassett Health Care 1 Atwell Drive (800) BASSETT

 Cooperstown, NY 13326

Dr. Joseph Dutkowsky, Pediatric Bassett Healthcare (800) BASSETT

 Oneonta (607) 433-6300 Delhi (607) 746-0550

 Fax (607) 547-4786

Oneonta Specialty Services 1 Associate Drive (607) 433-6300

 Oneonta, NY 13820

Orthopedic Associations 56 Pennsylvania Ave. (607) 723-5393

 Binghamton, NY 13903

Tier Orthopedic Associations 100 Plaza Drive (607) 798-9356

 Vestal, NY 13850

Upstate Orthopedics 6620 Fly Road (315) 464-4472

 East Syracuse, NY 13051

**PEDIATRIC NEUROLOGIST**

Albany Medical Center 43 New Scotland Ave. (518) 262-5226

Pediatric Neurology Dept. Albany, NY 12208 Fax (518) 262-6261

Golisano’s Children’s Hospital 750 E. Adams Street (877) 464-6395

Dr. Louis Pellegrino, MD Syracuse, NY 13201

David Halper, MD 3318 Main Street (607) 739-4289

 Horseheads, NY

**PEDIATRIC PSYCHIATRISTS**

Bassett Health Care 1 Atwell Drive (800) BASSETT

 Cooperstown, NY 13326

Binghamton University P.O. Box 6000 (607) 777-2103

Psychological Clinic Binghamton, NY 13905

Campbell House Psychological 101 State Street (518) 346-0762

Assoc. Schenectady, NY 12305

Catholic Charities 232 Main Street (607) 729-9166

 Binghamton, NY 13905

Dr. Ivan Fras, MD 33 Avon Road (607) 722-3023

 Binghamton, NY 13902 Fax (607) 778-1164

Kenneth Gordon, MD 25 Elm Street (607) 433-1663

(Children, Adolescents) Oneonta, NY 13820

Michael Neander, MD 425 Main Street (607) 436-9732

(Children, Adolescents, Adults, Oneonta, NY 13820

Couples, Elderly, Specializes in

ADD & Marital Counseling)

Samaritan Counseling Center 202 East Main Street (607) 754-2660

 Endicott, NY 13760

Saratoga Psychological Assoc. 63 Franklin Street (518) 587-0499

 Saratoga Springs, NY 12866

Mark Schneider, MD 1 Fox Care Drive (607) 434-1069

 Oneonta, NY 13820

**MISCELLANEOUS HEALTH SERVICES**

The AIDS Hotline (212) 447-8200

Open daily 9 am - 9 pm

American Red Cross 396 Chestnut Street (607) 432-4259

 Oneonta, NY 13820

Del. Co. Alcohol & Drug State Highway 10 (607) 865-7656

Abuse Services Hamden, NY 13782

Del. Co. Public Health 99 Main Street (607) 832-5200

 Delhi, NY 13753

Greater Binghamton Health Center 425 Robinson Street (607) 724-1391

Children & Youth Mobile Health Binghamton, NY 13904

Healthy Living Partnerships Contact: Mary McFadden (607) 778-3929

Mammograms for persons 40 or high risk

Pap Tests 18-55

Must meet income guidelines

Nurse Direct - Health Ed. Hotline (607) 763-5555

Mon. - Fri. 9 am - 3 pm (800) 295-8088

Free information, Free referral to physicians, Free wellness tips

**SPECIALTY SERVICES**

Bassett Health Services 1 Atwell Drive (800) BASSETT

 Cooperstown, NY 13326 Fax (607) 547-6782

**Services Provided:**

Cancer Institute, Children’s Health, Emergency & Trauma Care, Eye Care, Digestive Services, Heart Care Institute, Imaging Services, Kidney & Diabetes Care, Long-Term Care Services, Musculoskeletal/Physical, Occupational Medicine, Plastic Surgery, Psychiatry, Primary Care, Surgical Services, Women’s Health, Allergy, Immunology, Anesthesiology, Dermatology, Infectious Disease, Intensive Care, IV Therapy/Blood Transfusion, Pathology, Pharmacy, Pulmonary Medicine, Respiratory Therapy, Sleep Lab, Sexually Transmitted Disease Clinic, OB/GYN, Ophthalmology, Optometry, Pediatrics, Speech Pathology

Oneonta Specialty Services 1 Associate Drive (607) 433-6300

 Oneonta, NY 13820

**Services Provided:**

Audiology, Cardiology, Dermatology, Digestive Disease, General Surgery, Hand Surgery, Mammography, Medical Oncology, Mental Health Consulting, Optometry, Ophthalmology, Cataract Surgery, Orthopedic Surgery, Otolaryngology, Pediatric Orthopedics, Physical Therapy, Plastic Surgery, Podiatry, Pulmonary Medicine, Sports Medicine, Surgical Oncology, Thoracic Surgery, Urology, Vascular Surgery, Urgent Care, Dialysis

Oneonta Surgical Assoc. 449 Main Street (607) 432-5680

 Oneonta, NY 13820 Fax (607) 432-5575

**WEB SITES**

Better Homes and Gardens [www.bhglive.com](http://www.bhglive.com)

Consumer Reports, free Web Site www.ConsumerReports.org

Delaware Opportunities Inc. www.delawareopportunities.org

American Cancer Society www.cancer.org

The Nat’l Cancer Institute www.nci.nih.gov.

World of Vitality http://www.vitalitymag.com

Centers for Disease Control and Prevention www.cdc.gov

Institute for Safe Medicine Practices www.ismp.org

USDA Nutrient Database www.nat.usda.gov./fnic/foodcomp

National Hospice Organization [www.nho.org](http://www.nho.org)

Information on Alternative Medicine: www.holisticmed.com

the Holistic Healing Web Pages

Cancer Treatment Centers of America www.cancercenter.com

Harvard Health Publications http://www.harvardhealthpub.org

Arthritis Foundation www.arthritis.org

National Institutes of Health [www.nih.gov](http://www.nih.gov)

American Liver Foundation www.liverfoundation.org

Health finder www.healthfinder.gov

National Father’s Network www.fathersnetwork.org

National Information Center for Children [www.//nrc.uchsc.edu](http://www.//nrc.uchsc.edu)

and Youth with Disabilities [www.Intelihealth.com](http://www.Intelihealth.com)

Delaware Opportunities Inc. 35430 State Highway 10 (607) 746-1600

 Hamden, NY 13782

Head Start 35430 State Hwy 10 (607) 746-1640

Children ages 3-5 are served Hamden, NY 13782

through both Center and Home

Based options: Centers located in

Arkville, Davenport, Delhi, Deposit

(both Center and Home Based),

Fishs Eddy, Franklin, Grand Gorge,

Sidney, and Walton.

Healthy Families 35430 State Highway 10 (607) 746-1730

Offers help through home visiting Hamden, NY 13782

to mothers and children to assure

the best possible start in life: health, nutrition, child

development, access to services and more.

Child and Family Development Division 35430 State Hwy 10 (607) 746-1715

Registration/Subsidies Hamden, NY 13782

USDA Sponsor/Inspections

WIC (Women, Infants and Children) 35430 State Highway 10 (607) 746-1700

Nutrition and education for pregnant, Hamden, NY 13782

postpartum and breast-feeding women

and their infants and children under 5.

Services provided at main office and at

sites in Delhi, Franklin, Hancock, Hobart,

Deposit, Sidney, Walton, Margaretville,

Davenport. Call for days/times.

Emergency Food Bank 35430 State Hwy 10 (607) 746-1685

Volunteer food pantries to assist those Hamden, NY 13782

who are without food or monies for the

purchase food.

Nutrition Advocacy 35430 State Highway 10 (607) 746-1670

Tammy Clark - Food stamp Hamden, NY 13782

pre-screenings, assistance with emergency

food services. Monday - Friday.

Safe Against Violence 35430 State Hwy 10 (607) 746-1720

Serving victims of domestic violence, Hamden, NY 13782 ***HOTLINE*** (866) 457-7233

rape or other crimes and their families.

Collect calls accepted.

Respite Services 35430 State Highway 10 (607) 746-1680

For families of developmentally Hamden, NY 13782

disabled individuals in Delaware

and Chenango Counties.

Transportation 35430 State Hwy 10 (607) 746-1660

For Medicaid recipients to medical Hamden, NY 13782 (866) 753-4434

appointments, to low-income individuals

for assistance in obtaining public benefits

and other services, and to the elderly for

medical appointments. Delaware County

residents may be transferred to providers

outside the county.

**ALCOHOL AND DRUG RELATED SERVICES**

Delaware County Alcohol and Drug 34570 State Highway 10 (607) 865-7656

Abuse Services Hamden, NY 13782

Delaware County Council on 72 Main Street (607) 746-8300

Alcoholism and Other Drug Addictions Delhi, NY 13753

Delaware County Stop DWI Human Resource Center (607) 865-7233

Program

Drug Abuse Information Line 1-(800) 522-5353

(607) 432-5300

Alcoholics Anonymous

LEAF: Leatherstocking Education on 13 Commons Drive 1-(800) 339-1894

Alcoholism Foundation and Council on Cooperstown, NY 13326 (607) 547-8220

Alcoholism, Inc.

N.Y.S. Smokers Quitline 1-888-609-6292

**EDUCATION/JOB SKILL DEVELOPMENT**

Oneonta Adult Basic Education Program 10 Market Street (607) 433-3645

Oneonta, NY 13820

Office of Employment and Training 97 Main Street (607) 746-7477

Delhi, NY 13753

Civic Center, Liberty St. (607) 563-3335

Sidney, NY 13838

Delaware County Employment Unit 111 Main Street (607) 832-5300

Contact: Sue Marsico Delhi, NY 13753

Northern Catskill BOCES P.O. Box D (607) 588-6291

Grand Gorge, NY 12434

Delaware/Chenango BOCES Western Delaware Center (607) 865-2552

Adult Education RD 1 Route 206

Sidney Center, NY 13839

Cornell Cooperative Extension Route 10 (607) 865-6531

of Delaware County P.O. Box 184

Hamden, NY 13782

State University College of Technology Delhi, NY 13753 (607) 746-4000

at Delhi or

 1-(800) 96DELHI

State University College at Oneonta Administration Bldg. (607) 436-2522

Office of Continuing Education Room 135

 Oneonta, NY 13820

Empire State College 44 Hawley Street, Rm 505 (607) 721-8651

Binghamton, NY 13901

Utica School of Commerce 17 Elm Street (607) 432-7003

Oneonta Extension Oneonta, NY 13820

Delaware Opportunities Inc. 35430 State Highway 10 (607) 746-1630

Work Experience/Job Placement Hamden, NY 13782

Contact: Mary Banks

NYS Department of Labor (Job Service) 111 Main Street (607) 746-6381

Delhi, NY 13753

48 Dietz Street (607) 432-4800

Oneonta, NY

Civic Center - Liberty St. (607) 561-2348

Sidney, NY

SUCO Reading Center State University College (607) 431-3233

Oneonta, NY 13820

Tutorial Outreach Program Bugbee Hall, SUCO (607) 436-2800

**ENERGY CONSERVATION AND EMERGENCY ENERGY SERVICE**

**\*Crisis Services**

NYS Department of Conservation Lands and Forest Office (607) 652-7364

Jefferson Road

Stamford, NY 12167

Delaware Opportunities Inc. HEAP 35430 State Highway 10 (607) 746-1615

(Heating and Energy Assistance Program) Hamden, NY 13782

(usually runs November-March)

Delaware Opportunities Inc. 35430 State Highway 10 (607) 746-1690

Weatherization Hamden, NY 13782

(Monday - Thursday)

Project SHARE 11 Ford Avenue (607) 432-4210

NYSEG or Care and Oneonta, NY 13820

SHARE Niagara Mohawk

Southern Otsego County Chapter Red Cross

NYS Public Service Commission 3 Empire State Plaza 1-(800) 342-3355

Consumer Services Division Albany, NY 12223

\*NYS Department of Social Services 1-(800) 342-3009

HEAP Hotline

Citizen Action Fuel Group 94 Central Avenue 1-(800) 559-4645

 Albany, NY 12206 (518) 465-4600

Delaware County Department of 111 Main Street (607) 832-5300

Social Services Delhi, NY 13753

Families/Individuals Threatened with Shut-Off of Gas/Electric

Shut off of electric or gas can be a life threatening situation. Take action immediately. Do not ignore shut off notices or late bills.

If you are unable to pay your monthly energy bill, call the company - NYSEG (607) 432-3000 or Niagara Mohawk 1-(800) 637-2770. Talk to the service representative. The representative will help you, based on your individual circumstances, to resolve your problem or may refer you to an agency which can help set up a plan of action.

You must contact NYSEG or Niagara Mohawk first before emergency assistance can be arranged.

Go to Department of Social Services and apply for HEAP or Energy Assistance to Families (EAF).

If you are not eligible for EAF, you can contact Delaware Opportunities Inc. to apply for one-time FEMA funds for emergency fuel - these funds are sometimes available.

If you have a life-threatening situation and you have carefully followed the above steps and have been turned down by all, you may want to call the NYS Public Service Commission Hotline for help 1-800-342-3355.

**FOOD AND NUTRITION SERVICES**

Delaware Opportunities Inc. 35430 State Hwy 10

Food Bank Hamden, NY 13872 (607) 746-1685

WIC 35430 State Highway 10 (607) 746-1700

 Hamden, NY 13782

Senior Dining 35430 State Hwy 10 (607) 746-1710

 Hamden, NY 13782

Nutrition Advocacy 35430 State Highway 10 (607) 746-1670

Tammy Clark Hamden, NY 13782

EFNEP - Cornell Coop. Extension Route 10 (607) 865-6531

(Expanded Food Nutrition Education P.O. Box 184

Program) Hamden, NY 13782

New York State Food Stamp Hotline (800) 342-3009

Delaware County Department of 99 Main Street (607) 832-5300

Social Services Delhi, NY 13753

SHARE

 RD 3 Box 29A (607) 433-1754

Oneonta, NY 13820

Salvation Army 25 River Street (607) 432-5960

Oneonta, NY 13820

**HOUSING**

Delaware Opportunities Inc. Housing & Rental Assistance (607) 746-1650 35430 State Highway 10

Hamden, NY 13782

Weatherization 35430 State Highway 10 (607) 746-1690

Hamden, NY 13782

Delaware Co. Code Enforcement Officer 280 Phoebe Lane Suite 2 (607) 746-9555

Dale Dowin Delhi, NY 13753

 Fax (607) 746-9564

**LEGAL AND CONSUMER SERVICES**

Legal Aid Society, Inc. 189 Main Street (607) 433-2600

Oneonta, NY 13820

Catholic Charities of Delaware and 176 Main Street (607) 432-0061

Otsego Counties Dispute Resolution Oneonta, NY 13820

Center

Delaware (607) 746-6351

Chenango (607) 336-5442

New York State Division of Human State Office Building (607) 721-8467

Rights 164 Hawley Street

Binghamton, NY 13801

Delaware County Probation Dept. 1 Gallant Avenue (607) 746-2075

Delhi, NY 13753

Fair Hearing 1-(800) 342-3715

Social Security Administration 1-(800) 234-5772

Immigration & Naturalization Service 48 Broadway (518) 434-0175

Albany, NY 12201

Local 1-(800) 772-1213

**HEALTH INSURANCE**

Chenango Health Network24 Conkey Ave**.** (607) 337-4128

Norwich, NY 13815

**CRISIS INFORMATION/FAMILY SUPPORT SERVICES**

Delaware Opportunities Inc.

Safe Against Violence 35430 State Hwy. 10 (607) 746-1720

Hamden, NY 13782

Collect Calls Accepted ***HOTLINE*** (866) 457-7233

Family Resource Network 12 Ford Avenue (607) 432-0001

Oneonta, NY 13820

NYS Child Abuse/Maltreatment Registry

NYS DSS 1-(800) 342-3720

To report suspected child abuse/neglect 40 North Pearl Street

Albany, NY 12243

Prevention Information Resource Center 1-(800) 342-7472

\*Also see **Medical Resources**

**LIBRARIES**

Andes Public Library Main Street (845)676-3333

 Andes, NY 13731

Bovina Public Library Maple Street (607) 832-4884

 Bovina, NY 13740

Cannon Free Library 40 Elm Street (607) 746-2662

 Delhi, NY 13753

Deposit Free Library 165 Front Street (607) 467-2577

 Deposit, NY 13754

Franklin Free Library 66 Main Street (607) 829-2941

 Franklin, NY 13775

The Louise Adelia Read Memorial 12 Read Street (607) 637-2519

Library Hancock, NY 13783

Skene Memorial Library Main Street (845) 254-45881

 Fleischmanns, NY 12430

Fairview Public Library Walnut Street (845) 586-3791

 Margaretville, NY 12455

Roxbury Library Main Street (607) 326-7901

 Roxbury, NY 12474

Sidney Memorial Library Main Street (607) 563-8021

 Sidney, NY 13838 (607) 563-1200

Stamford Village Library 117 Main Street (607) 652-5001

 Stamford, NY 12167

William B. Ogden Free Library 42 Gardiner Place (607) 865-5929

 Walton, NY 13856

**OTHER RESOURCES**

Opportunities for Otsego 3 West Broadway (607) 433-8000

 Oneonta, NY 13820

Office for the Aging 97 Main St. (607) 832-5750

 Delhi, NY 13753

Family Service Association 277 Chestnut Street (607) 432-2870

 Oneonta, NY 13820

Day Care Development & Assistance 35430 State Highway 10 (607) 746-1620

 Hamden, NY 13782

Catskill Center for Independence Route 23 (607) 432-8000

 Oneonta, NY 13820

RCLI

Maria Rodriquez (518) 842-3561

Resource Center for Independent Living CDPAP Program Coordinator

347 West Main St.

Amsterdam, NY 12010

Delaware County Family Court/Family Court Clerk (607) 746-2298

Delaware County Family Court Judge

Honorable Carl F. Becker (607) 746-2423

Delaware County Department of Motor Vehicles:

Delhi (607) 746-2124

Deposit (607) 746-3208

Margaretville (845) 586-2255

Sidney (607) 561-2338

**WHO REPRESENTS YOU IN**

**DELAWARE COUNTY**

**In Albany**

New York State Assembly

Legislative Office Building (518) 455-4100

Albany, NY 12248

Web: www.assembly.state.ny.us

NYS Legislative Status Line (800) 342-9860

(Find out the status of any bill introduced in the state legislature)

**101st Assembly District**: Claudia Tenney

Towns of Davenport, Meredith, Delhi, Hamden, Bovina and Andes.

Albany Office: (518)-455-5334

Web: www.tenneyc@assembly.state.ny.us

**122nd Assembly District**: Clifford Crouch

Towns of Masonville, Sidney, Franklin, Deposit, Tompkins, Walton, Hancock and Colchester

Albany Office: (518) 455-5741

Local (607) 648-6080

Web: www.crouchc@assembly.state.ny.us

**102nd Assembly District:** Peter D. Lopez

Towns of Harpersfield, Kortright, Stamford, Roxbury and Middletown

Albany Office: (518) 455-5741

Fax: (518) 455-5864

Web: lopezp@assembly.state.ny.us

New York State Senate

Legislative Office Building (518) 455-2800

Albany, NY 12247

 Web: www.sentate.state.ny.us

**42nd Senate District:** John Bonacic

Towns of Masonville, Tompkins, Walton, Hamden, Delhi and Colchester.

Albany Office: (518) 455-3181

Fax: (518) 426-6948

Local Office: (Delhi) (607) 746-6675

Delhi Fax: (607) 746-7658

e-mail: bonacic@senate.state.ny.us

**51st Senate District:** James Seward

Towns of Sidney, Franklin, Meredith, Davenport, Kortright, Harpersfield, Stamford, Andes, Roxbury, Middletown and Bovina.

Albany Office: (518) 455-3131

Fax: (518) 455-3123

Local Office: (Oneonta) (607) 432-5524

Oneonta Fax: (607) 432-4281

e-mail: seward@senate.state.ny.us

**52nd Senate District**

Towns of Deposit & Hancock.

Local: (877) 854-2687

Fax: (607) 773-3688

Web: www.senator@senatorlibous.com

Governor Andrew M. Cuomo

 (518) 474-7516

Executive Chamber

State Capitol/Albany, NY 12224

Fax: (518) 473-7669

e-mail: gov.cuomo@chamber.state.ny.us

**In Washington**

U.S. House of Representatives

Washington, D.C. 20515 (202) 224-3121

Web: www.house.gov

Legislative Status Line: (202) 225-1772

(Find out about the status of any bill introduced in the House

**19th Congressional District:** John Faso

D.C. Office (202) 225-5614

District Office (Delhi) (607) 746-8449

Fax (202) 225-1168

**U.S. Senate**

Washington, D.C. 20510 (202) 224-3121

Web: www.senate.gov

Legislative Status Line: (202) 225-1772

(Find out about the status of any bill introduced in the Senate)

**Both Senators Represent all of New York State**

**Senator Charles Schumer**

In Washington (202) 224-6542

Fax: (202) 228-3027

District Office: Binghamton (607) 772-8109

e-mail: senator@schumer.senate.gov

**Senator Kristen Gillabrand**

In Washington (202) 224-4451

Fax: (202) 228-0282

District Office: Albany (518) 431-0120

Albany Fax: (518) 431-0128

e-mail: http://clinton.senate.gov/emailform.html

**President**

Donald J. Trump The White House

1600 Pennsylvania Ave.

Washington, D.C. 20500

White House Comment Line: (202) 456-1111

Fax: (202) 456-2461

e-mail: President@whitehouse.gov

**COMMUNITY RESOURCES**

**CATHOLIC CHARITIES OF DELAWARE AND OTSEGO COUNTIES**

Contact: Kathy Greenblatt, Executive Director

Catholic Charities of Delaware and Otsego Counties

176 Main Street

Oneonta, NY 13820

Phone: (607) 432-0061

Fax: (607) 431-9303

Hours: 9:00 a.m. - 5:00 p.m. - Monday through Friday

\***Single Room Occupancy**

Program providing safe, affordable housing to homeless or poorly sheltered adults on limited income. Case Management services provided.

**\*Dispute Resolution**

Mediation services provided to residents of Delaware and Chenango Counties in areas of personal conflict, lemon law arbitration, divorce and separation, child custody, support and visitation, and special education mediation.

**\*Community Maternity Services**

Counseling services to pregnant/parenting teens, assisting with obtaining pre-natal care, parent education, educational/vocational training.

\***Child Care**

Family day care registration, certification and referral in Otsego County, CACFP, start-up and training.

**NEW YORK STATE OFFICE OF MENTAL HEALTH**

Greater Binghamton Health Center

425 Robinson Street

Binghamton, NY 13901

Phone 607-724-1391

 607-773-4292

Hours 24 hours - 7 days

Age Groups served:

Inpatient - Adults ages 18 and older; Children and Adolescents ages 5 - 17

Outpatient - Adults ages 18 & older; Children and Youth to age 18

**State Hospitals**

State-operated health care facilities that provide specialized inpatient services for specific chronic care populations from throughout the state such as people who are severely or profoundly developmentally disabled, mentally ill or criminally insane.

**Psychiatric Emergency Rooms**

Psychiatric and health care facilities that are capable of restraining and treating people who are in acute emotional distress on a twenty-four hour basis.

**Family Care**

Provides substitute family life experience in agency-supervised homes to individuals with a psychiatric diagnosis in need of supervision but do not require intensive services of institutional care. Eligibility: 18+ years with psychiatric diagnosis and referral from physician or agency.

**Psychiatric Inpatient Units**

Programs offered in special units of general acute care hospitals that provide diagnostic and treatment services for children, adolescents and/or adults who have acute or chronic mental or emotional disturbances, who require hospitalization for maximum benefits, and who might be a threat to themselves, to their families or to others if left in the community. Services may include a comprehensive evaluation, twenty-four hour care in a supportive, therapeutic environment.

**Psychiatric Rehabilitation**

Programs that integrate treatment strategies associated with psychiatry, occupational therapy and psychiatric case management to help severely mental ill individuals stabilize their clinical status, increase their ability to function within the environments of their choice with as little ongoing professional intervention as possible, and improve their overall quality of life.

**NEW YORK STATE DEPARTMENT OF HEALTH**

New York State Department of Health

Corning Tower

Empire State Plaza

Albany, NY 12237

Phone: 518-474-2121

Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday

**Public Health**

Programs that protect and improve the health of the community through comprehensive efforts to prevent, control and eradicate communicable diseases; eliminate environmental health hazards; and recognize, prevent and control occupational health hazards and illnesses.

**NEW YORK STATE DEPARTMENT OF HEALTH**

Contact Robert Pierce, P.E., District Director

New York State Department of Health

Oneonta District Office

28 Hill Street, Suite 201

Oneonta, NY 13820

Phone: 607-432-3911

Fax: 607-432-0089

Hours: 8:15 a.m. - 4:45 p.m. Monday - Friday

**Public Health Inspection**

Enforces the State Sanitary Code, including tobacco enforcement, and regulates public water supplies, hotels, motels and bed and breakfasts. Also regulates campground, children’s camps, pools, beaches, spas, mobile home parks, realty subdivisions, and mass gatherings. Regulates food services from full restaurants to bars to mobile vendors. Issues permits, plan review and inspections. Provides technical assistance for individual household sewer systems and potable water supplies, lead abatement, rabies, and communicable disease.

Sponsors of projects involving such facilities are urged to contact the Department of Health early in the planning process to ensure that all necessary approvals are received.

**CATSKILL AREA HOSPICE**

Bereavement Support Group

542 Main Street

Oneonta, NY 13820

Phone: 607-432-6773

607-746-2668

518-234-7611

**Bereavement Counseling**

Programs that provide emotional support, problem-solving assistance, information and guidance for people who have recently lost a loved one. Included are counseling programs for widows and widowers, children who have lost a parent, parents who have lost a child and people who are in other similar situations.

**FAMILY PLANNING OF SOUTH-CENTRAL NEW YORK**

Contact: Debra Marcus, Executive Director

Planned Parenthood Association of Delaware and Otsego Counties

37 Dietz Street

Oneonta, NY 13820

Phone: 607-432-2250

Fax: 607-432-7260

E-Mail: debramarcus@ppfa.org

Hours 8:30 a.m. - 5:00 p.m. Monday - Friday

**Health Center Locations**

130 North Street

Walton, NY 13856

Phone: 607-865-6579

Fax: 607-865-4863

Hours: By Appointment (morning, lunchtime, late afternoon and evening available)

37 Pleasant Street

Sidney, NY 13838

Phone: 607-563-4363

Fax: 607-563-8598

Hours: By Appointment

We offer quality, affordable and confidential healthcare provided by experienced nurse practitioners and physicians who understand your needs. We offer all forms of FDA approved contraception; pregnancy testing and options counseling; diagnostic screening for cancer; and diagnosis and treatment of sexually transmitted infections, confidential HIV testing and counseling, as well as general primary care for both women and men. All services are available on a sliding fee scale and no one is turned away due to inability to pay. Insurances accepted are: CHP, MVP, HMO Blue, WellCare, Empire and others.

The education department at Planned Parenthood continues to be a trusted resource serving individuals, families and professional groups. Well-trained and experienced educators provide up-to-date information on human sexuality and reproductive health. Parents often look to Planned Parenthood to help them comfortably deal with their children’s questions and questions of their own. The education resource center has pamphlets, brochures, books and videos available. Many of these services are free and other are available for a modest fee.

**Pap Smears**

A pap test examines cells of the cervix (opening of the uterus). They can detect pre-cancerous conditions, which are easily treated. Pap tests can also detect cancer of the cervix. A pap test should be done after age 18 and when you become sexually active. Have a Pap test every year, or as often as your medical provider recommends.

**Birth Control Methods**

Provides all forms of FDA approved birth control methods including condoms, the female condom, oral contraceptives (the Pill), Norplant, injectable contraception (Depo-Provera), the intrauterine device (IUD), the cervical cap and spermicides.

**Sexually Transmitted Infection Screening and Treatment**

Examinations and testing that identifies women/men who have contracted chlamydia, genital warts, genital herpes, and other diseases that are spread by sexual contact. Diagnosis is determined through visual examinations, blood test, analyses of discharge, or samples taken from lesions. Treatment is available on site.

**Pregnancy Testing and Options Counseling**

Pregnancy testing/counseling provides women with information with all their options, including infertility counseling, parenting, adoption and abortion. Women are referred to other health care providers for their prenatal care or abortion services.

**HIV Testing and Counseling**

Provides pre-counseling to inform a patient about the risk factors of getting the HIV virus - the disease which causes AIDS, describe the test and discuss confidentiality. Testing is confidential. Post - counseling for both negative and positive results.

**General Primary Care**

Complete basic health care, including gynecology and non-reproductive healthcare, employment physicals, treatment of respiratory infections, diagnosis/treatment of vaginal and urinary tract infections and other illnesses.

**Emergency Contraception**

Provides emergency contraception pills (the “morning after pill”)which contain synthetic female hormones. When taken by a women within 72 hours of unprotected sex, they will diminish the likelihood of getting pregnant. The sooner the pills are taken after intercourse, the better the chances of preventing pregnancy.

**Clinical Breast Exams**

An exam provided by a doctor, nurse practitioner, or physician’s assistant which looks to detect breast cancer in its most treatable stages. The exam looks for a lump or thickening of the breast tissue, change in shape of the breast, discharge from the nipple or the change of color/feel of the skin. This may be followed by a referral for mammography.

**Cancer Screening**

Cancer screening/testing which includes Pap smears, clinical breast examination, hemocults (stool samples), colposcopy and cryotherapy.

**Midlife Services**

Provides services to women at menopausal age and address common concerns such as osteoporosis, vaginal dryness, hot flashes and night sweats. Provides hormone replacement therapy of the female hormone estrogen when decided upon by you and your health care provider.

**Education**

Trained education staff are available to offer programs that provide accurate, up-to-date information and instruction about a variety of health issues relating to human sexuality, topics include: anatomy, relationships, abstinence, birth control and reducing the risk of HIV/AIDS. Programs are available to schools, groups, individuals, couples, or to family members.

**DELAWARE COUNTY MENTAL HEALTH CLINIC**

Contact: Cynthia Heaney, Director

Delaware County Mental Health Clinic Adult Services

1 Hospital Road

Walton, NY 13856

Phone: 607-865-6522

Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday

Evening hours Tuesday/by appointment until 7:00 p.m.

**Community Mental Health Services for Adults**

Outpatient clinic offering a full range of services including individual, group, conjoint and family therapy, medication and other mental health services for Delaware County residents. Payment for services are made through Medicaid, Medicare, Health Insurance (except MVP), and/or self-pay. Self-pay clients must provide proof of income. Inability to pay is not a deterrent to treatment.

**Community Mental Health Services for Children and Their Families**

Outpatient clinic offering a full range of services including individual, group, play, conjoint and family therapy, medication and other mental health services for Delaware County residents. Payment for services made through Medicaid, Medicare, Health Insurance (except MVP), and/or self-pay. Self-pay clients must provide proof of income. Inability to pay is not a deterrent to treatment.

**DELAWARE COUNTY OFFICE OF EMERGENCY SERVICES**

Contact: Richard J. Bell

Delaware County Office of Emergency Services

280 Phoebe Lane Suite 3

Delhi, NY 13753

Phone: 607-746-9600

Hours: 24 Hours / 7 days

**Emergency Management**

Liaison between Federal and State Commissions. Training and planning for emergencies. Including: Rain gauge network, RACES Network, Stream gauge network, Civil Defense, FEMA funding, IFLOW network, public education; films, videos, slides, audio visual equipment and reference materials.

Liaison between state and local governments and fire services and EMS coordinators.

Training for area fire departments. Including: Planning, field support such as supplying air and field resources, causes and origins investigations, Deputy Fire Coordinators, Arson Task Force, Juvenile Fire Intervention Program, OSHA compliance, Air Compressor, OC-5 Command Vehicle, portable generator, EMS course and training, LEPC coordinator.

**MIGRANT EDUCATION OUTREACH PROGRAM**

Contact: Lorri Wolverton

Migrant Education Outreach Program

Room 310

Bugby Hall

Oneonta, NY 13820

Phone: 800-243-5355

607-432-6511

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday

**Migrant Education Programs**

Programs that provide formal supplementary learning activities and experiences for school-age children who travel with their families from one temporary residence to another to enable family members to secure temporary or seasonable employment.

**DISABILITY RESOURCES**

**NEW YORK STATE OFFICE OF ADVOCATE**

**FOR PERSONS WITH DISABILITIES**

New York Office of Advocate For Persons with Disabilities

Suite 1001

1 Empire State Plaza

Albany, NY 12223-1150

Phone: 800-522-4369

Fax: 518-473-6005

518-473-4129

Hours: 8:30 a.m. - 5:00 p.m. Monday - Friday

**Assistive Technology Resale/Listing Service**

Programs that sell used and/or reconditioned assistive technology products or maintain lists of outlets for used equipment.

**Assistive Technology Information**

Programs that provide information about cognitive/learning aids, control and signaling aids, daily living aids, hearing augmentation aids, mobility aids, prosthetic/orthotic/seating devices, recreational aids, speech aids, and/or visual /reading aids which enables potential users to evaluate their alternatives and make informed choices.

**Assistive Technology Loan**

Programs that enable individuals who have physical or sensory limitations to borrow the assistive technology products they require at no charge. Loans may be long or short-term in nature and the devices are returned once the agreed-upon period of time has elapsed.

**Assistive Technology Training**

Programs that provide training for individuals who have physical or sensory limitations and/or for their caregivers which focuses on the care and utilization of the particular type of assistive technology product they require and changes the devices might require in their lives. Assistive technology training may deal with cognitive/learning aids, control and signaling aids, daily living aids, hearing augmentation aids, mobility aids, prosthetic/orthotic/seating devices, recreational aids and speech aids.

**FAMILY RESOURCE NETWORK, INC.**

Family Resource Network, Inc.

46 Oneida Street

P.O. Box 233

Oneonta, NY 13820

Phone: 800-305-8814

607-432-0001

Fax: 607-432-5516

Web: [www.familyrn.org](http://www.familyrn.org)

Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday

**Mission & Purpose**

Individuals with special needs deserve every opportunity to achieve their unique potential. The Family Resource Network was founded by parents to enhance the lives of individuals with special needs and their families, empowering them to lead productive independent lives within the community.

**Purpose**

We want to make our community a better place through education and the enlisting of our citizens to bring services to those in need. We accomplish our mission through our core values.

We have been a vital part of our community for a number of years. We were founded to serve a growing segment of our community in need of inaccessible services. We have continued to grow with the help of our donors and volunteers that make our mission possible. Through all these years our purpose still remains the same: bring services to those in need.

**NATIONAL INFORMATION CENTER FOR**

**CHILDREN AND YOUTH WITH DISABILITIES**

**(NICHCY)**

National Information Center for

Children and Youth With Disabilities

P.O. Box 1492

Washington, DC 20013

Phone: 800-695-0285

**NEW YORK STATE OFFICE OF MENTAL RETARDATION**

**DEVELOPMENTAL DISABILITIES**

New York State Office of Mental Retardation

Developmental Disabilities

Broome Developmental Services

15598 State Highway 8, P.O. Box 352

Masonville, NY 13804

Phone: 607-265-3322

Fax: 607-265-3349

Hours: 8:00 a.m. - 4:30 p.m. Monday - Friday

Services Delaware County

**Dental Screening**

Programs that provide dental examinations to detect tooth decay and periodontal problems and oral hygiene information; cleaning, fillings, extractions and other necessary dental care.

**Developmental Assessment**

Programs that provide emotional support, advice and guidance through a variety of modalities for people who have disabilities with the objective of helping them to cope more effectively with their disability, to evaluate their alternatives and to make personal choices which will maximize their ability to function independently.

**Developmentally Disabled Activity Groups**

Programs that provide long term personal and social development opportunities within a structured environment for severely disabled individuals. Services may include daily living skills instruction, basic education, recreational and social activities, exercises to improve coordination and other developmental services.

**Board and Care Placement**

Programs that link individuals who are in need of residential care with a board and care facility that is appropriate to their needs and preferences.

**Psychological Testing**

Programs that provide a variety of standardized tests including personality inventories, aptitude test, intelligence tests, attitude test, projective measures and effective tests to evaluate the psychosocial functioning of people who may be experiencing mental, emotional, or social difficulties.

**Speakers/Speakers Bureau**

Programs that maintain lists of individuals who are willing to make presentations on any of a variety of human service topics and social issues or which have paid staff or volunteers one of whose primary responsibilities is public awareness and education with respect to one or a variety of community services, issues and problems.

**Individual Counseling**

Programs that offer personal therapeutic sessions in which the therapist works on a one - to - one basis with clients to help them resolve their mental, emotional or social problems.

**Disability Counseling**

Programs that provide emotional support, advice and guidance through a variety of modalities for people who have disabilities with the objective of helping them to cope more effectively with their disability, to evaluate their alternatives and to make personal choices which will maximize their ability to function independently.

**SOUTHERN TIER INDEPENDENCE CENTER**

Address: 137 East Frederick Street

Binghamton, NY 13904

Phone: (607) 724-2111

Fax: (607) 772-3600

Email: stic@stic-cil.org

**Overview**

* Technology related assistance for individuals with disabilities
* Parent mentoring and advocacy
* Education advocacy
* Transition services

**EARLY CHILDHOOD DIRECTION CENTER**

**AT SOUTHER TIER INDEPENDENCE CENTER**

Email: ECDC@stic-cil.org

Address: 135 East Frederick St.

Binghamton, NY 13904

Phone: (607) 724-2111

(877) 722-9150 toll-free

(607) 772-3600 fax

**Overview**

The Mid-South Early Childhood Direction Center (ECDC) provides information, referral and support

to families and professionals working with children, both typically developing and those with special education needs, ages birth through five. The information provided may pertain to early childhood development and behavior, specific disabilities, special education laws, regulations, rights, materials and activities for young learners and transition from Early intervention to CPSE to CSE. We offer assistance in developing networks for families, educators and professionals, which include referrals for community based services, educational programs, and assistive technology through the TRAID Loan Closet. For further information regarding our services and training’s offered, please contact us at (607) 724-2111, ext. 336 for Laurie Wightman, Director.

All of our services are free and confidential. The Mid-South Early Childhood Direction Center services the following counties:

Allegheny, Broome, Chemung, Chenango, Delaware, Greene, Madison, Otsego, Schoharie, Schuyler, Steuben and Tioga.

**DELAWARE COUNTY PUBLIC HEALTH**

Address: 90 Main Street

Delhi, NY 13753

Phone: (607)-832-5200

Fax: (607) 832-5201

Website: [www.delawarecountypublichealth.com](http://www.delawarecountypublichealth.com)

**Early Intervention (Birth -3)**

This is a state-wide program for infants and toddlers with disabilities and their families. Services are

directed to help children meet their developmental needs and help parents care for their children. All

children learn and develop differently. Some fall behind. Any child from birth to age three with a developmental delay, disability or condition that affects development may need help. Early intervention is provided at no direct cost to you.

**Preschool Special Education Programs (3 - 5)**

The Preschool Special Education Programs provides educational services to children ages 3 to 5 who have a disability that affects their learning. Eligibility for services is determined by the child’s individual school district’s Committee on Preschool Special Education (CPSE). The CPSE determines services by following Part 200 of the New York State Regulations of Commissioner of Education.

**The Referral**

For a referral to the CPSE contact the CPSE office of the school district that you reside in. The school district will guide families through the CPSE process.

The following is a list of school district in Delaware County:

Andes Central School

(845) 676-3166

Oneonta City School District

(607) 433-8225

Charlotte Valley CSD

(607) 278-5511

Roscoe Central School

(607) 498-4126

Delaware Academy CSD

(607) 746-3851

Roxbury Central School

(607) 326-4151

Deposit Central School

(607) 467-2198

Sidney Central School

(607) 563-2135

Downsville Central School

(607) 363-2100

South Kortright CS

(607) 538-9111

Franklin Central School

(607) 829-3551

Stamford Central School

(607) 652-7301

Hancock Central School

(845) 586-2647

Walton Central School

(607) 865-4116

Margaretville Central School

(845) 586–2647

Unatego Central School

(607) 988-5000

**EVAN** - This is located in Delhi (evanlendingcloset@gmail.com); 607-746-2191 ext. 208. EVAN offers a space where families can try out and borrow a variety of sensory equipment. This is no cost associated with this program

**Noah’s World** - This is located in Oneonta, NY (www.noahsworld.net). Noah’s World is a recreation center that offers a variety of sensorimotor play. Admission fees required.

**Oneonta World of Learning (OWL)** - This is located in Oneonta, NY (www.oneontaworldoflearning.org); 607-431-8543. OWL is a children’s museum that offers a wide variety of learning through play activities incorporating many topics, including sensorimotor play. OWL is a member of Museums For All which offers free general admission to families presenting and EBT card.